

Easy Eats // Putting the “Fast” in Breakfast!



Start the day with healthy, filling and FAST nutrition!

The Breakfast Quest

If everyone knows that breakfast is the most important meal of the day, why do so many people skip it? The number one reason people don't eat breakfast is because they are too busy or don't have enough time.

While it's true that mornings can be crazy and hectic, there are also ways to sneak breakfast in without having to sacrifice your snooze button.

These breakfast ideas from Eat Well Utah are wonderful for everyone, but they are especially great for kids in grade school and high school. Helping kids start their day off right will help them stay energized and happy throughout the day. They will even perform better in school!

To learn more about the benefits of breakfast and how you can make a nutritious morning meal in SECONDS, [click here!](#)

To help you start your breakfast quest, here is a delicious recipe that is fast, easy and sure to get you off on the right foot.

Freezer Breakfast Burritos

Directions

Boil or cook potatoes in the microwave until tender. Once cool cut into 1" cubes. Heat 1 tsp. oil in a large skillet. Add in the sausage, pepper, and onion and cook until sausage is cooked through, about 5-7 minutes. Add the potato and cook and additional 2 minutes. Remove from heat. In a medium bowl whisk the eggs and milk together. Add the remaining oil to a skillet. Over medium heat add the egg mixture and cook, stirring to scramble, until just cooked through. Remove from heat. Top a tortilla with sausage mixture, eggs, and sprinkle with cheese. Roll up into a burrito and place on a parchment-lined baking sheet. Repeat with remaining tortillas. Place the burritos in the freezer. Once frozen remove them from the baking pan and place them in a freezer bag. Freeze for up to 3 months. To reheat, microwave for 2 minutes or until warmed through.

Ingredients:

2 large russet potatoes
2 tsp. canola oil
½ lb. turkey sausage
1 bell pepper
1 small onion
12 large eggs
½ cup milk
8 oz. shredded cheddar cheese
20 whole wheat flour tortillas

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[Click here](#) for 4 more delicious and easy breakfast recipes!
