

BREAKFAST BURRITO WITH PAN FRIED BC POTATOES & FRESH FRUIT



INGREDIENTS

Burritos

12 (sized 6 to 8 inch)	Whole Wheat Tortillas, small	12 (sized 15 to 20 cm)
6	BC Bacon, slices & diced	6
1 tbsp	Olive Oil	15 ml
3	BC Bell Peppers, diced	3
3	BC Fresh Tomatoes, diced	3
4	BC Green Onions, finely sliced	4
1 tsp	Kosher Salt	5 ml
To Taste	Pepper	To Taste
2 (optional)	BC Jalapeño Peppers, seeded & diced	2 (optional)
18	BC Large Eggs	18
¾ cup	BC Aged Cheddar or Swiss Cheese, grated	180 ml
12 - 1 ½ tbsp portions	Salsa	12 - 25 ml portions

DIRECTIONS

1. Cook BC Bacon in a sauté pan until crisp. Drain on paper towel.
2. Sauté olive oil, BC Bell Peppers, BC Tomatoes, and BC Green Onions and season with salt and pepper.
3. Crack BC Eggs into a bowl and mix.
4. Cook eggs over medium heat until eggs are cooked but still moist.
5. Warm tortillas on flat top grill until heated through.
6. Begin to assemble the dish by placing equal portions of egg on each tortilla.

7. Top the egg with approximately 1 tbsp (15 ml) of BC Cheese and equal portions of each of the cooked bacon and vegetable mixture.
8. Roll tightly and return to the flat top grill, seam side down. Grill until golden brown. This will help keep it sealed.
9. Turn the burrito over to brown the other side.
10. Serve with portions of salsa.

INGREDIENTS

Pan Fried Yukon Gold Potatoes

2 tbsp	Olive Oil	30 ml
12	BC Yukon Gold Potatoes, diced in 1/2 inch (1 cm) large pieces	12
to taste	BC Fresh Chives, finely sliced	to taste
to taste	Kosher Salt & Pepper	to taste

Fresh Fruit Skewers

Bamboo Skewers	12
BC Fruit, diced in large pieces	

DIRECTIONS

Pan Fried Yukon Gold Potatoes

1. Heat olive oil in a large sauté pan.
2. Add BC Potatoes and cook until browned and tender.
3. Season with BC Chives, salt and pepper and serve.

Fresh Fruit Skewer

1. Skewer one piece of each kind of the diced BC Fruit onto bamboo skewer.