

Breakfast Wrap

Serving size 4

Ingredients

- 1tbsp extra virgin olive oil
- ½ small onion, diced
- 4 rashers of short cut bacon, diced
- 1/3 cup red capsicum, diced
- 1/3 cup mushrooms, diced
- 6 eggs
- ¼ cup reduced fat milk
- Pepper to taste
- 2 tomatoes, finely diced
- 4 wholegrain wraps or mountain bread



Method

1. Heat oil in a non-stick frypan, add onion and bacon and cook for 2 minutes.
2. Add capsicum and mushrooms and cook for a 2-3 minutes.
3. Transfer half of the mixture in a bowl and set aside.
4. Whisk eggs, milk and pepper together and pour half of the mixture over the vegetables in the fry pan.
5. Cook for 2 minutes or until egg has set (turn over and cook for a further 20 seconds)
6. Divide omelettes into two and place one half on a tortilla / mountain bread topped with fresh tomato and fold to make a wrap.
7. Place the remain vegetable and the egg mixture into the pan (repeat steps 5 and 6).

Health tips

- ✓ Eggs are a nutrient dense food and are a natural source of at least 11 different vitamins and minerals, as well as antioxidants and omega-3 fatty acids.
- ✓ Eggs are an excellent source of protein, with 2 large eggs equating to 1 serve of protein as per the 2013 Australian Dietary Guidelines. They are a key source of protein for vegetarians or individuals with increased nutrition requirements such as pregnant women, children, adolescents and the elderly.

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