

Organic Breakfast Burritos

1 lb. Wildwood organic tofu, crumbled
1 medium onion, diced
2 cloves garlic, minced
2 T. olive oil
1 red bell pepper, diced
½ t. oregano
3 T. chopped cilantro
4 Alvarado St. organic whole wheat tortillas
Emerald Valley organic salsa

Sauté tofu in olive oil until light golden brown, about 5 minutes. Add garlic, onions and bell pepper and cook for 4-6 minutes. Add the rest of the ingredients and cook for 2 minutes. Place filling inside warm tortillas and add a spoonful of salsa to each. Serves 4.

Nutrition (for 4 servings): 327 calories; 36% calories from fat; 13.5g total fat; 0.0mg cholesterol; 525.0mg sodium; 364.3mg potassium; 39.1g carbohydrates; 1.5g fiber; 4.3g sugar; 37.6g net carbs; 13.6g protein.