**Chorizo Breakfast Burrito**

Chorizo and eggs has always been a favorite of mine ever since my grandmother first prepared the meal for me as a young child. Chorizo is a type of spicy sausage usually made from ground pork or beef. While tasty, I was inspired to create a healthier version by opting for a leaner source of meat by using ground turkey. This spiced turkey chorizo is loaded with flavor and is perfect combined with eggs in a breakfast burrito. Use whole wheat tortillas to get in fiber which promotes overall health and a side of fresh salsa to the give the dish color and additional flavor. Because this burrito is packed with lean protein, it is sure to keep you feeling satisfied all morning long.

Enjoy!

*Recipe submitted by: Alyssa Chavez, Dietetic Intern*

Tell us what you think!  
#UALifeWork

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**My Recipe Notes:**

*Add bell peppers or spinach to the mix to get in additional vegetables. Bell peppers are high in vitamin C and antioxidants and the spinach provides calcium and additional fiber!*

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**Chorizo Breakfast Burrito**

Serves: 4  
Cook time: 15 minutes  
Ready in 45 minutes

*Recipe submitted by: Alyssa Chavez, Dietetic Intern*

Tell us what you think!  
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**Ingredients**

- 1 tablespoon red chili pepper, ground  
- 1 teaspoon garlic powder  
- ½ teaspoon cumin, ground  
- ½ teaspoon oregano, ground  
- ½ tablespoon red chili pepper flakes  
- ½ teaspoon salt  
- ½ pound ground turkey  
- 2 tablespoons red wine vinegar  
- 4 eggs, large  
- 1 serving of fresh pico de gallo (or your favorite salsa)  
- 4 whole wheat tortillas, 8-inch

**Directions**

1. In a medium bowl mix spices (ground red chili pepper to salt). Add ground turkey and red wine vinegar to spice mixture and mix thoroughly. Let mixture sit for a minimum of 30 minutes (for best flavor, cover bowl and refrigerate overnight).

2. Once ready to prepare, heat a non-stick skillet and cook chorizo over medium heat for 8-10 minutes. Break up meat with a wooden spoon.

3. In a separate bowl, whisk together eggs and add to cooked chorizo. Cook mixture over medium heat for 4-5 minutes or until the eggs are no longer runny.

4. While eggs and chorizo are cooking, heat tortillas over medium heat on the stovetop or in the microwave for about 20 seconds.

5. Take a warm tortilla and add a quarter of the chorizo and egg mixture and your favorite salsa on top. Fold up the tortilla into a burrito and enjoy!

**Nutrition Facts**

<table>
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<tr>
<th></th>
<th>Amount Per Serving</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
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<td>Total Fat 13g</td>
<td>Saturated Fat 4g</td>
<td>Trans Fat 0g</td>
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<td></td>
<td>Cholesterol 230mg</td>
<td>Sodium 870mg</td>
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<tr>
<td></td>
<td>Carbohydrate 25g</td>
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<tr>
<td></td>
<td>Protein 22g</td>
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**Calories Per Serving:** 290  
**Servings Per Container:** 120

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Calories per gram:  
- Fat 9  
- Carbohydrate 4  
- Protein 4