



1213 East 2100 South  
Salt Lake City, UT 84106  
Phone: (801) 487-9976  
e-mail: Becky-utdairy@msn.com

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### “Tortilla Breakfast Stack”

Becky Low  
Dairy Council of Utah/Nevada

Stacked tortilla breakfast burrito – makes a fun meal and it is an excellent source of calcium. Serves 8

#### Ingredients:

- 4 flour tortillas (10”)
- 6 large eggs
- 1/2 small bell pepper
- 1 can (4 oz.) sliced mushrooms
- 1/2 bunch green onions
- 1 1/2 cups shredded cheese
- 1/4 pound deli sliced lean ham
- 1 small tomato, thinly sliced
- Salsa or ketchup, optional
- Parsley, optional garnish

#### Method:

Preheat oven to 375<sup>o</sup> F. Spray a 10 inch pie plate with non-stick spray, set aside.

Line bottom of pie plate with 1 tortilla; beat eggs and pour into lined pie plate. Place 2<sup>nd</sup> tortilla on top eggs.

Remove seeds from pepper and thinly slice. Arrange pepper on second tortilla. Drain mushrooms and arrange over peppers. Wash, trim, and slice green onions, arrange over peppers and mushrooms. Sprinkle with 1/3 the shredded cheese.

Place 3<sup>rd</sup> tortilla over vegetables. Arrange sliced ham on tortilla. Sprinkle with 1/3 the shredded cheese.

Place 4<sup>th</sup> tortilla over ham. Arrange thinly sliced tomato on tortilla. Sprinkle with 1/3 the shredded cheese. Bake for 25 minutes or until eggs are set. Remove from oven and allow to stand 5 minutes before slicing. Slice into 8 sections. Serve with salsa and garnished with sprig of parsley.



#### Nutrition Facts

Serving Size 1/8 slice (142g)  
Servings Per Container 8

Amount Per Serving

Calories 280    Calories from Fat 130

% Daily Value\*

<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 6g	<b>32%</b>
<b>Cholesterol</b> 190mg	<b>63%</b>
<b>Sodium</b> 620mg	<b>26%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 2g	

**Protein** 16g

Vitamin A 10%    •    Vitamin C 10%  
Calcium 20%    •    Iron 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4