

## **Egg & Chicken Kale Sausage Breakfast Burrito with Pico de Gallo**

Recipe Courtesy of Chef Jernard Wells

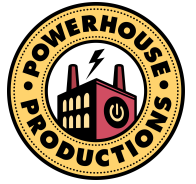
**Yield: 2-3 servings**

### **Ingredients**

3 tablespoons olive oil, divided  
¼ cup minced garlic  
1 pound ground chicken or turkey with kale  
½ red bell pepper, small dice  
½ yellow bell pepper, small dice  
1 small yellow onion, small dice  
Kosher salt  
Cracked black pepper  
5 large eggs  
1 cup grated smoked cheddar cheese, divided  
1 avocado, sliced  
2 (8 inch) spinach and tomato tortilla  
*Your favorite pico de gallo for serving*

### **Method**

1. Heat a large cast iron skillet over medium high heat and add 2 tablespoons of olive oil. Add the garlic and begin to saute until it turns lightly golden in color. Then add the ground meat and break it up with the back of your spoon.
2. After 1-2 minutes add in the red and yellow bell peppers and mix into the ground meat and cook for 1 minute. Add in the onion and stir cooking until it becomes translucent about 3- minutes. Continue to cook until the peppers and onions are soft and the meat has cooked completely.
3. Heat another large nonstick saute pan over medium heat. Add a tablespoon of olive oil to coat the bottom of the pan. Whisk the eggs with salt and pepper to season and pour into the hot saute pan. Allow the eggs to set for



1-2 minutes and then using your wooden spoon break them up so they appear scrambled. You do not want them to overcook. Add half of the cheese into the eggs and mix and take them off the heat.

4. Fold the meat mixture into the eggs gently breaking up.
5. Take one of your tortillas and spoon about  $\frac{1}{2}$  cup of the egg filling in the middle. Sprinkle with more cheese and place a few slices of avocado on the top. Fold into a burrito.
6. Using a clean skillet or nonstick pan, place the burrito seam side down in the pan and cook over medium to medium high heat just until both sides are crispy. This will help keep the sealed side in tack while eating.
7. Cut the breakfast burrito in half and serve for a quick morning breakfast on the go with a side of your favorite pico de gallo.