

LaRue County Hungry Hawks

Breakfast Burrito

Ingredients:

6 each	Cauliflower Hashbrowns
1 lb.	Ground Turkey Breakfast Sausage
6 each	Eggs (large, scrambled)
1 tsp	Onion Powder
½ tsp	Garlic Powder
½ tsp	Salt Alternative
¼ tsp	Ground Pepper
6 each	Large Tortilla (10 in.)
¼ cup	Cheddar Cheese (shredded)
2 Tbsp	Avocado Salsa (see recipe)

Directions:

1. Preheat oven according to hashbrown package directions (350 for 20 mins) Once preheated put hashbrowns in the oven
2. Preheat pan and cook turkey sausage until an internal temp of 165. Once cooked, set a side and keep warm
3. Crack eggs and prep seasonings while sausage is cooking.
4. Add seasoning to eggs and scramble in a bowl
5. Prep cooking pan and spray with nonstick cooking spray, set heat to medium high
6. Once pan is hot, cook eggs.
7. Prep 6 tortillas on each plate
8. Cut each hashbrown lengthwise and place each item in the tortilla in this order.
1 Hashbrown, 1/4c Egg, 1/4c Sausage, 1/4c Cheese, 2 Tbsp. Salsa.
9. Wrap each tortilla and set aside
10. Heat a clean pan to medium high heat and spray with cooking spray
11. Once heated place each burrito, flap side down and cook until golden brown (2-3 mins), rotate and do the same with the other side. Remove from heat and serve.

Avocado Salsa

Ingredients:

1 each	Avocado (diced)Cauliflower Hashbrowns
¾ cup	Tomatoes (diced)
½ cup	Onion (chopped)
¼ cup	Cilantro (chopped)

1 tsp	Garlic (minced)
1 tsp	Lime Juice
¼ tsp	Ground Cumin

Directions:

1. Wash all produce
2. Cut tomatoes, cut into small dice
3. Peel garlic and mince
4. Cut onions into small dice
5. Roll up cilantro and chop, leaving the stems
6. Carefully cut and remove skin and seed of avocado, cut into small dice
7. Place all cut produce into a bowl, measure out ground Cumin and lime juice and add to the bowl.
8. Mix thoroughly, over and store in refrigerator until ready to serve.

Yogurt Parfait**Ingredients:**

3 cups	Non-Fat Greek Yogurt
1 ½ cup	Banana (sliced)
1 ½ cup	Strawberries (sliced)
1 ½ cup	Blueberries (sliced)
6 tsp	Honey (drizzle)
1 ¼ cup	Granola

Directions:

1. Wash strawberries, and blueberries
2. Measure out 1/2 c of yogurt (divided)
3. Peel and slice banana, and slice strawberries
4. Put half the yogurt (1/4c) in the bottom of the cup.
5. Next put 1/8c of granola, then 1/8c Blueberries, followed by 1/8c Strawberries
6. Layer the rest of the yogurt on top of the fruit.
7. Place sliced banana around the outside edge of the cup, followed by the rest of the rest of the blueberries and strawberries granola.
8. Drizzle the honey on top.
9. Serve immediately or cover and place in refrigerator