

## **Breakfast Burrito Sandwiches**

Serves 4

2 teaspoons olive oil  
2 meat or plant based Spicy Italian Sausages, casings removed (I love plant based "Beyond Meat" brand)  
¾ cup corn (from 1-2 ears of corn)  
1 teaspoon olive oil  
½ teaspoon kosher salt  
1/8 teaspoon black pepper  
2 roasted and peeled red peppers, from jar, cut into ½ inch strips  
½ cup grated sharp cheddar cheese  
1 avocado, peeled and sliced  
2 teaspoons lime juice  
2 Tablespoons sour cream  
8 large eggs  
2 teaspoons butter  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
½ cup, loosely packed cilantro leaves  
4 large flour tortillas

1. Preheat oven to 350°F.
2. Heat 2 teaspoons olive oil in large nonstick skillet. Add sausage and using a potato masher, break up sausage into little pieces. Continue cooking on medium heat until sausage is well browned. Remove from skillet and set aside.
3. Add 1 teaspoon olive oil to same skillet. Cook corn over medium heat until just starting to get golden brown. Season with salt and pepper. Remove from skillet and set corn aside.
4. Mix sliced avocado with lime juice and season with salt.
5. In a medium bowl, whisk eggs until well beaten. Wipe out skillet, place over medium heat, and melt butter. When butter is just starting to foam, turn heat to low and add eggs. Using a rubber spatula, stir occasionally until soft curds form. Season with salt and pepper. Set eggs aside.

6. Wrap tortillas in wax paper or plastic wrap and microwave for 30 seconds – 1 minute, just to warm them up. Cold tortillas are hard to roll.
7. Assemble tortillas: Spread each flour tortilla with sour cream. In the center of each tortilla layer sausage, corn, eggs, cheese, avocado, peppers and cilantro. Fold in sides of each tortilla and wrap tightly. Roll each tortilla in parchment paper and twist ends to secure.
8. Place wrapped tortillas on baking sheet and heat in oven for about 10 minutes until warm and cheese is melted.