



Uploaded to the VFC Website

▶▶ June 2014 ◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization
Tax ID #27-3820181
CA Incorporation ID #3340400
CA Dept. of Charities ID #: CT-0190794*

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Apple Bacon Burrito

- 4 Strips apple wood smoked bacon
- 1/2 Cup apple, peeled and cut into small dice
- 1/4 Cup finely chopped onion
- 3 Eggs
- Salt and pepper
- 4 Small flour or corn tortillas
- 1/2 Cup grated Gruyere or Swiss cheese
- Olive oil for the pan

In a small mixing bowl, whisk the eggs with a bit of salt and pepper, and set aside. Line a small bowl with foil and set aside.

Over medium heat, cook the bacon in a large sauté pan, until it starts to brown. Remove it from the pan, pour any excess bacon fat into the foil covered bowl (to throw out once it's cool), and add the apple and onion to the pan. Over medium heat, cook until the onions are soft and slightly browning, about 4 minutes. Crumble the bacon and combine it with onion and apple. Season to taste with salt and pepper and set aside in a bowl.

Place the tortillas in the same pan. Over medium heat, let them warm for about 30 seconds, and then pour 1/4 the egg mixture on top of each tortilla. If some egg slides off, just scoop it back onto the tortilla with a small spatula. Sprinkle 1/4 of the cheese onto each egg covered tortilla. Then sprinkle 1/4 of the apple-bacon mixture in the center of each one. Use a small spatula to fold the tortilla into thirds, making a burrito. With the seam side up, turn the heat to low, cover, and cook until the burrito puffs up a bit, about 3 minutes.

Makes 2 Servings

