

Gluten-Free Breakfast or Lunch Wrap (vegetarian & gluten-free)

The Daily Basil Blog
1 wrap

Prep Time 5 minutes
Cook Time 3 minutes

Instructions

1 Wash, and chop the vegetables into bite-sized pieces. Stir the egg.

2 Lightly fry the corn tortilla on both sides for 1 to 2 minutes. Lay the vegetables on top. Add the seasonings. Pour the egg over the tortilla and rotate the pan so that the egg flows to the sides of the pan.

3 Add the cheese, and salsa. Cover and cook until the edges of the egg are fully cooked, approximately three minutes. Slide the wrap onto a plate.

4 Roll and serve. You can add more vegetables, cheese, and salsa to the top of the wrap, if desired.

Note: The wrap can be stored in the fridge for up to three days. If you want to freeze the wrap, then you need to saute the vegetables before adding them to the wrap..

[Watch the video.](#)

Ingredients

1 corn tortilla
1 egg
Bell pepper, sliced
Dried tomatoes in oil
Spinach leaves
Mushrooms, sliced
Salsa
Salt, Pepper, Italian Seasoning, Cilantro,
Chilli powder
Goat cheese
Oil for frying

Note: Add any vegetables that you want.
Use any cheese that you want

Note: This recipe is gluten-free. You can use a regular flour tortilla instead, but it will not be gluten-free.

Cooking
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YouTube-[Debbie Esplin](#)

