

Breakfast Burrito

2 tablespoons butter
1/4 cup broccoli
1/4 cup peppers/onions
1/4 cup corn
4 eggs
2 tablespoons milk
1/2 cup cheese
4 tortillas

Salt, pepper, and hot sauce (optional)

1. Chop broccoli and peppers. Place into a bowl.
2. Crack and scramble eggs in a bowl. Add milk.
3. Melt butter in a frying pan/skillet. Sauté the broccoli and peppers in the butter. Cook until tender.
4. Add the egg mixture. Cook and mix to make scrambled eggs.
5. Evenly divide out egg mixture between the four tortillas.
6. Sprinkle about 2 tablespoons cheese onto each tortilla. Season with salt, pepper, and hot sauce.
7. Roll up your tortilla by first rolling around the ingredients once, then folding in the sides, then finish rolling the remainder of the tortilla.

*** If you want to make these ahead of time, wrap the tortilla into a paper towel and then wrap aluminum foil around it. Put them into the refrigerator if you're going to consume within a week or the freezer if you want them to last longer. When you're ready to eat it, remove the aluminum foil and heat in the microwave with the paper towel for approximately 1-2 minutes.***

Name: _____ Date: _____ Class: _____

Kitchen Lab Planning Sheet

Unit: _____ Recipe: _____

Head Chef		Sous Chef	
Designates roles to others. Cooks at stove/puts food in oven. Sweeps floor. Assists and checks all cleaning is complete. Citizenship.		Chops necessary foods. Preheats oven if used. Assists cook. Wipes tables. Citizenship	
Assistant	Helper	Aid	
Gets equipment needed. Dries/puts away dishes. Puts dirty laundry away. Citizenship.	Measures ingredients from teacher. Gets clean linens, Washes dishes. Citizenship.	Measures ingredients from bin. Wipes counters and stove. Fills up any canisters. Citizenship.	

List ALL equipment used for this recipe.

What is your evaluation of the recipe? (circle one)

Yay! ☺

Meh

Nay! ☹

What changes would you make to the recipe or how it was prepared? Please explain.

Chef initials to indicate kitchen is acceptable at the end of the class. _____

Using as much detail as you can, please fill in the blank and finish the sentence starter.

I would rate myself as _____ (working hard, working, or hardly working) because . . .

I would rate _____ (name of team member) _____ (working hard, working, or hardly working) because . . .

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