



Sheet Pan Burritos

Ingredients:

Vegetables:

- 1 red bell pepper, chopped
- 1 orange bell pepper, chopped
- 1 yellow onion, chopped
- 3 yellow potatoes, diced
- 1–2 tbsp oil
- Salt and pepper, to taste

Protein:

- 16 oz cooked beef or turkey
- All-purpose seasoning, to taste

Egg-Cheese Mixture:

- 12 eggs
- 200 g cottage cheese
- 8 g corn starch
- 1 cup shredded cheddar cheese

For Assembly:

- 10 Burrito Flour Tortillas
- Cream sauce (optional)
- Fresh cilantro, for garnish

Instructions:

1. Preheat oven to 450°F (230°C). Spread chopped bell peppers, onion, and potatoes on a sheet pan. Drizzle with oil, season with salt and pepper, and toss to coat.
2. Bake for 30–40 minutes, until vegetables are soft and lightly browned.
3. Season the cooked beef or turkey with all-purpose seasoning and spread evenly over the roasted vegetables. Bake for an additional 5 minutes.
4. In a bowl, whisk together eggs, cottage cheese, corn starch, and shredded cheddar. Pour evenly over the sheet pan. Reduce oven temperature to 400°F (200°C) and bake for 25–30 minutes, until the mixture is firm and golden.
5. Remove from oven and let cool slightly. Slice the baked filling into rectangles using a pizza cutter.
6. Place a rectangle of filling onto each tortilla. Drizzle with cream sauce and sprinkle with fresh cilantro if desired. Roll the tortillas into burritos.
7. Serve warm, or store in the fridge for easy grab-and-go meals. Makes 10 hearty, high-protein burritos.