



## Ham & Cheese Breakfast Taquito



Prep Time  
15 mins  
Cook Time  
20 mins  
Total Time  
35 mins

### Ingredients

- 5-6 whole wheat flour tortilla shells
- 3 scrambled eggs
- 2-3 slices of ham or Canadian Bacon
- 1/2 cup shredded cheddar cheese
- Olive oil spray

### Directions

1. Preheat oven to 350 degrees F.
2. Spray a baking pan with olive oil spray.
3. To soften tortilla's if needed cover them with a damp paper towel and heat in a microwave for 10 seconds.

4. Divide egg, ham, and cheese among tortilla shells placing ingredients toward the edge of each tortilla.
5. Starting at the end you place your ingredients gently roll tortilla from end to end.
6. Place taquitos seam side down on your prepared baking pan.
7. Spray taquitos evenly with olive oil.
8. Bake in the oven for 15-20 minutes.