

# Edamame, Sweet Pea and Egg Breakfast Tortilla

From Oldways Whole Grain Council

<https://wholegrainscouncil.org/recipes/edamame-sweet-pea-and-egg-breakfast-tortillas>

## Ingredients

½ cup edamame, cooked  
½ cup sweet peas, cooked  
2 tablespoons tahini  
1 tablespoon plus 2 teaspoons extra virgin olive oil, divided  
1 tablespoon lemon juice  
1 clove garlic, minced  
2 tablespoons mint, chopped  
2 whole wheat tortillas  
2 large eggs

## Instructions

1. In a food processor, pulse together edamame, peas, tahini, 1 tablespoon olive oil, lemon juice, garlic, and mint until smooth and combined. Divide the edamame “hummus” between the two tortillas.
2. Place a skillet with the remaining olive oil over medium heat. Once hot, break the eggs into the skillet and cook slowly until the whites are set. Place eggs on top of the tortillas. Optional: garnish with additional edamame, peas, and mint. Serve immediately.

Makes two servings

## Nutrition information per serving

Calories: 460	Dietary Fiber: 5g
Total Fat: 30g	Sodium: 400mg
Saturated Fat: 6g	Protein: 40g
Cholesterol: --	Carbohydrates: 34g