

HEARTY EGG BURRITOS

Add color and flavor with a fresh salsa. Mix chopped fresh tomatoes, chopped onion, and chopped cilantro with lime. Serve with burritos.

Serves 4, 1 burrito per serving

Ingredients

3 green onions
1 medium red or green bell pepper
1 medium clove garlic
2 ounces grated low-fat cheddar cheese
1 (15 ½ -ounce) can black beans, no salt added
1 teaspoon vegetable oil
4 large eggs
¾ teaspoon ground cumin, divided
¼ teaspoon ground black pepper
Non-stick cooking spray
4 (8-inch) whole wheat flour tortillas

Optional ingredients

1/3 cup nonfat plain yogurt
¼ cup fresh cilantro

Directions

1. Rinse green onions and bell pepper. Peel garlic clove.
2. Slice green onions. Remove core and dice bell pepper. Mince garlic.
3. If using fresh cilantro, rinse and chop leaves now. Set aside.
4. In a colander, drain and rinse beans. Set aside.
5. In a medium skillet over medium heat, heat oil. Add green onions, bell pepper and garlic. Cook until peppers are soft, about 3 minutes. Add beans, ½ teaspoon ground cumin and black pepper. Cook until beans are heated. Transfer mixture to a bowl.
6. In a small bowl, crack eggs. Add remaining ¼ teaspoon cumin. Beat mixture lightly with a fork.
7. Wipe out skillet with a paper towel. Coat with non-stick cooking spray. Heat at medium-low. Add egg mixture. Cook, stirring occasionally, until eggs are as firm as you like, about 3-5 minutes. If using cilantro, add now.
8. Add egg mixture to bean/pepper mixture and mix well.
9. Spoon egg/bean mixture into the center of each tortilla, dividing evenly between the four tortillas. Sprinkle cheese on top. If using yogurt, add a dollop to each tortilla.
10. Fold tortilla over mixture and serve.