



## HEARTY EGG BURRITOS

*Add color and flavor to this dish by creating a fresh salsa for a topping! Simply combine chopped, fresh tomatoes, onion, and cilantro with fresh lime juice. Other optional toppings include sour cream or plain yogurt and fresh cilantro.*

**Yield=** 4 servings

**Serving Size=** 1 Burrito

### Ingredients:

- 3 **green onions**, sliced
- 1 medium red or green **bell pepper**, rinsed, cored, and diced
- 1 medium clove **garlic**, minced
- 2 oz. shredded **cheddar cheese** (regular or reduced fat)
- 1, 15 oz. can **black beans** (low sodium preferred), drained and rinsed
- 1 tsp **oil**
- 4 large **eggs**
- $\frac{3}{4}$  tsp ground **cumin**, divided
- $\frac{1}{4}$  tsp ground **black pepper**
- Non-stick **cooking spray**
- 4, 8-inch flour **tortillas** (whole wheat preferred)

### Instructions:

1. In a medium skillet, heat oil over medium heat. Add onions, bell pepper, and garlic. Cook until peppers are soft (about 3 minutes).
2. Add beans,  $\frac{1}{2}$  tsp cumin, and black pepper. Cook until the beans are heated. Transfer to a bowl.
3. In a small bowl, crack eggs and add remaining cumin. Beat mixture lightly with a fork. Wipe out skillet with paper towel; coat skillet with non-stick cooking spray and heat at medium-low. Add egg mixture. Cook, stirring occasionally, until eggs are as firm as you like (about 3-5 minutes). Add egg mixture to bean mixture and stir to combine.
4. Warm tortillas in microwave for about 20 seconds.
5. Spoon egg/bean mixture into the center of each tortilla, dividing equally between the four tortillas. Sprinkle cheese on top. Fold tortilla over mixture into a burrito and serve warm.

**Per Serving:** Calories: 360, Saturated Fat: 3.5g, Sodium: 330mg, Total Sugars: 5g

