



Breakfast

LIVE WELL ALABAMA

#EatBetter

Hearty Egg Burritos

Helpful Hints

Eggs are a cheap and healthy source of protein.

It takes only minutes to put this dish on the table. Use it for breakfast, lunch, or dinner.

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Hearty Egg Burritos

Serves 4

Ingredients

1 teaspoon oil
½ medium onion, chopped
1 can black beans, 14 ounces,
drained and rinsed
¼ teaspoon black pepper
Pinch of salt
¼ teaspoon garlic powder
4 large eggs
Cooking spray
4 medium tortillas, whole
wheat
½ cup cheese, shredded
½ cup salsa

Directions

1. Heat oil in skillet over medium heat. Add onion, beans, black pepper, salt, and garlic powder. Cook until onion is soft, about 5 minutes. Move beans and veggies to clean plate or bowl.
2. Using a fork, mix eggs in small bowl.
3. Wipe skillet clean with paper towel. Coat with cooking spray. Heat at medium low.
4. Add egg mixture. Cook about 3 to 5 minutes. Stir often to scramble eggs.
5. Spoon egg mixture into center of each tortilla. Add beans and veggies. Sprinkle cheese on top. Add spoonful of salsa. Fold into a burrito.