

Breakfast Burrito



Ingredients:

- 2 teaspoons canola oil
- 1/2 small onion, diced (1 cup)
- 1 red bell pepper, seeded and diced
- 1 cup drained, rinsed canned black beans, preferably low-sodium
- 1/4 teaspoon chili flakes
- Salt and freshly ground black pepper
- 4 eggs and 4 egg whites
- 1/3 cup shredded cheese (your favorite)
- Nonstick cooking spray
- 4 (10 inch) whole wheat tortillas (burrito size)
- 1/4 cup reduced fat-free sour cream or 2 percent plain Greek yogurt
- 1/4 cup salsa
- 1 large tomato, seeded and diced
- 1 small avocado, cubed
- Hot Sauce

Directions:

1. Heat the canola oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes.
 2. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes.
 3. Season with salt, pepper, and transfer to a dish.
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4. Whisk together the eggs and egg whites then stir in the cheese. Spray the skillet with cooking spray, and reheat the skillet over a medium heat.
 5. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes.
 6. Spread each tortilla with 1 tablespoon each sour cream (or yogurt) and salsa, then layer with 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato and 1/4 of the avocado.
 7. Season, to taste, with hot sauce. Roll up burrito-style and serve.

Excellent source of: Protein, Fiber, Vitamin A, Vitamin C, Good source of: Riboflavin, Vitamin B6, Folate, Vitamin K, Calcium, Iodine, Iron, Potassium, Selenium