HEARTY EGG BURRITOS

Servings: 4 **Cook Time: 45 Minutes**

Ingredients:

- 3 green onions
- 1 medium red or green bell pepper
- 1 medium clove garlic
- 2 ounces low-fat cheddar cheese
- 1 (15½-ounce) can black beans, no salt added
- 1 teaspoon canola oil
- 4 large eggs
- ¾ tsp ground cumin, divided
- ¼ tsp ground black pepper
- Non-stick cooking spray
- 4 (8-inch) whole wheat flour tortillas
- ⅓ cup nonfat plain yogurt
- ¼ cup fresh cilantro

Anderson Free Clinic
Wellness Market

HEARTY EGG BURRITOS

Instructions:

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.
4. Grate cheese.
5. In a colander, drain and rinse beans.
6. In a medium skillet over medium heat, heat oil. Add beans, green onions, bell pepper, and garlic. Cook until peppers are soft, about 3 minutes. Add ½ teaspoon ground cumin and black pepper. Transfer mixture to a plate.
7. In a small bowl, crack eggs. Add remaining ¼ teaspoon cumin. Beat mixture lightly with a fork.
8. 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.
9. Spoon egg mixture into the center of each tortilla, dividing evenly. Add beans and veggies. Sprinkle cheese on top. If using yogurt, add a dollop to each tortilla.
10. Fold tortilla over mixture and serve.