

Breakfast Black Bean & Scrambled Egg Tacos

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Makes: 4 servings

WHAT YOU NEED

- 1 tsp. canola oil
- 1/4 cup finely chopped green onion
- 1 small garlic clove, minced
- 2 cups canned black beans, rinsed and drained
- 3/4 cup salsa
- 1 tsp. ground cumin
- 1 tbsp. fresh lime juice
- 1 tbsp. butter
- 8 large EGGS, beaten
- 12 small flour tortillas, warmed
- 1/2 cup shredded Monterey Jack cheese
- 1/2 cup prepared guacamole
- 1/4 cup coarsely chopped fresh cilantro

HERE'S HOW

1. **HEAT** oil in large nonstick skillet set over medium-high heat. **COOK** onion and garlic for 2 minutes, stirring often, or until beginning to soften. **STIR** in beans, salsa and cumin; reduce heat to medium-low. **SIMMER**, stirring occasionally, for 3 to 5 minutes or until warmed through and slightly thickened. **REMOVE** skillet from heat; stir in lime juice and cover to keep warm.
2. **HEAT** butter in separate large nonstick skillet set over medium heat until just melted. **POUR** in eggs. As they begin to set, gently **PULL** them across the skillet with spatula to form large soft curds. **CONTINUE** cooking eggs for 1 to 2 minutes – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains. (*Do not stir constantly.*)
3. **FILL** warm tortillas with equal amounts bean mixture and eggs. **TOP** filled tortillas evenly with cheese, guacamole and cilantro. Serve immediately.
- 4.

ENJOY

Tip: Prepare recipe with corn tortillas if desired.

Tip: Substitute shredded Cheddar cheese for the Monterey Jack if desired. For added heat, prepare recipe with shredded Jalapeno Jack, Tex Mex or a Mexican-blend shredded cheese.

INSIDER INFORMATION

Lighten up. Cooking spray can be substituted for butter.

Avoid cast iron. Eggs scrambled in a cast iron skillet can turn a greenish shade. This harmless but unappealing color change is the result of a chemical reaction between iron in the pan and sulfur in egg whites.

Don't overcook. The heat retained in the pan will continue to cook and firm up the eggs after pan is removed from heat.

NUTRITION INFORMATION

Per 1/4 of recipe: Calories 650; Fat 29g; Cholesterol 390mg; Sodium 1410mg; Carbohydrate 72g; Fiber 10g; Sugars 8g; Protein 29g