

## Hearty Egg Burritos

Total time: 45 Minutes. Servings: 4.

### Ingredients:

- 3 green onions, sliced or 1 yellow onion, diced, small
- 1 medium red or green bell pepper, cored, and diced
- 1 medium clove garlic, minced
- 2 ounces low-fat cheddar cheese, grated
- 1 (15½-ounce) can black beans, no salt added, drained and rinsed
- 1 teaspoon canola oil
- 4 large eggs
- ¼ teaspoon ground cumin, divided
- ¼ teaspoon ground black pepper
- Non-stick cooking spray
- 4 (8-inch) whole wheat flour tortillas
- 2 small potatoes or sweet potatoes
- ½ cup nonfat plain yogurt, optional
- ¼ cup fresh cilantro, chopped, optional

### Equipment:

Box grater, Can opener, Colander, Cutting board, Fork, Measuring cups, Measuring spoons, Medium skillet, Paper towel, Plate, Rubber spatula, Sharp knife, Small bowl

### Instructions:

1. If using potatoes, wash well and peel if desired. Cut into ½-inch cubes, place into microwave-safe dish with two tablespoons of water, and microwave for 2 minutes. Or, heat on stove over low heat with ½ cup water.
2. 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.
3. In a small bowl, crack eggs. Add remaining ¼ teaspoon cumin. Beat mixture lightly with a fork.
4. 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.
5. 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.
6. Fold tortilla over mixture and serve.

### Notes:

Add color and flavor with a fresh salsa. Mix chopped fresh or canned tomatoes, chopped onion, and chopped cilantro. Add a pinch of ground cumin for heat.

Other vegetables that work well in breakfast burritos include zucchini, corn, spinach, mushrooms, winter squash (precooked), and avocado.

For a different flavor, use Monterey Jack or Colby cheese instead of cheddar.

Compare labels for sodium/ saturated fat and look for no trans-fat when selecting whole wheat tortillas.

Steam, sauté, or grill a mix of veggies. Add to burritos.

If you double the recipe, do not double cumin.

Use 1 Tablespoon dried cilantro instead of fresh cilantro, if you like.

Burritos can be frozen for up to one week. Wrap tightly in plastic wrap, cover with aluminum foil, and freeze. To reheat, remove foil and plastic. Microwave 1½–2 minutes, turning as needed. Or, remove plastic wrap and re-cover in aluminum foil. Heat in a toaster oven or regular oven at 300°F for about 6 minutes.

Adapted from <https://cookingmatters.org/recipes/hearty-egg-burritos/>.