

Suitland Dine & Learn
September 2018: Healthy Food Habits

Hearty Egg Burritos
 Courtesy of Jessica Yamamoto, MS

Ingredients

3 green onions	1 medium red or green bell peppers
1 medium clove garlic	2 ounces low-fat cheddar cheese
1- 15 ½ ounce can black beans, no salt added	1 teaspoon canola oil
4 large eggs	¾ teaspoon ground cumin, divided
¼ teaspoon ground black pepper	Non-stick cooking spray
4-8" whole wheat flour tortillas	Optional: <ul style="list-style-type: none"> • 1/3 cup nonfat plain yogurt • ¼ cup fresh cilantro

Cost per serving: \$0.77

Directions

1. Rinse the bell peppers and green onions (and cilantro, if applicable), and peel the garlic clove. Slice green onions. Remove the core from the bell pepper and dice. Mince the garlic.
2. If using fresh cilantro, chop the leaves
3. Grate the cheese.
4. Open the cans of beans, and drain and rinse in a colander
5. Over medium heat in a medium skillet, heat oil. Add green onions, beans, bell pepper and garlic. Cook until peppers are soft (about 3 mins). Add ½ teaspoon ground cumin and black pepper. Transfer mixture to plate.
6. In a bowl, break open the eggs and add ¼ teaspoon of cumin. Beat mixture with a fork.
7. Wipe out the skillet for round two and coat with a non-stick cooking spray. Adjust heat to medium low, and cook eggs for about 3-5 minutes, stirring occasionally. If using cilantro, add now.
8. Turn off the heat and scoop the egg mixture onto the center of the tortilla and spread evenly. Add in veggies and beans. Sprinkle cheese on top. If using yogurt, add a scoop on each tortilla
9. Fold the tortilla and serve.

Nutrition Information	<i>Amount Per Serving</i>	
Number of Servings: 1		
Serving Size: 1 burrito	Total Fat: 8 g	Total Carbs: 45 g
Calories: 210	Cholesterol: 185 mg	Dietary Fiber: 9 g
	Sodium: 510 mg	Protein: 20 g