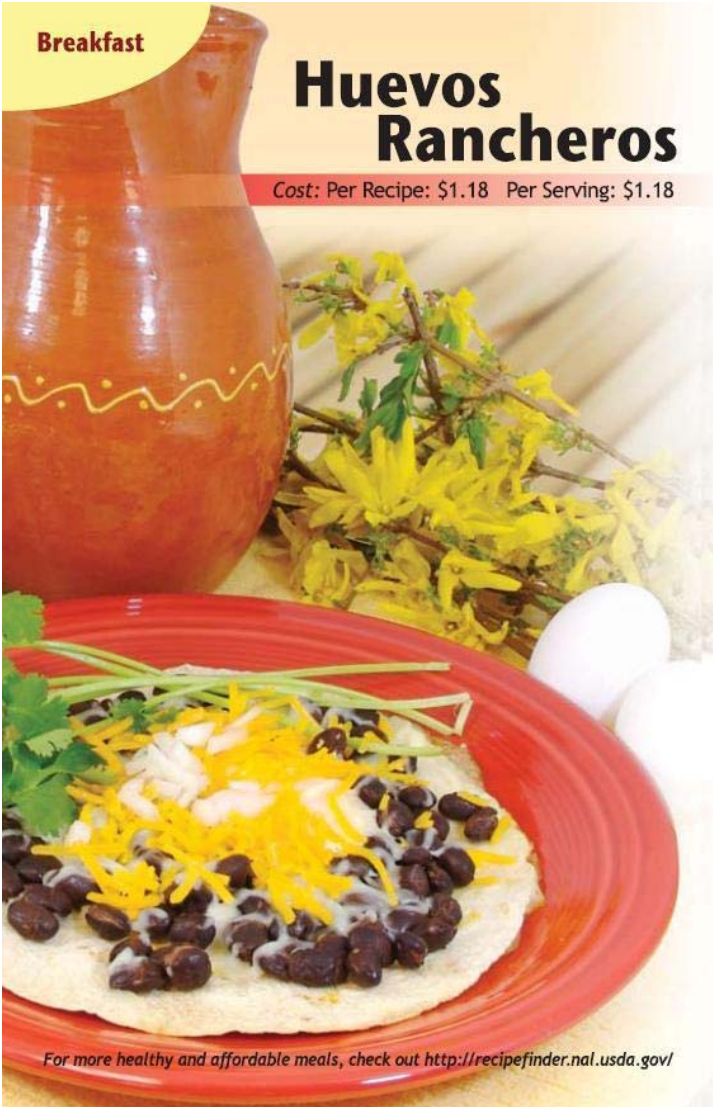


Breakfast

# Huevos Rancheros

Cost: Per Recipe: \$1.18 Per Serving: \$1.18



For more healthy and affordable meals, check out <http://recipefinder.nal.usda.gov/>

## Huevos Rancheros

Serving Size: 1 filled tortilla  
Yield: 1 Serving

### Ingredients:

Cooking Spray  
1 - 8-inch whole wheat flour tortilla  
1 egg  
½ cup drained and rinsed canned black beans  
2 Tbsp shredded low fat cheddar cheese  
¼ cup prepared salsa

### Instructions:

1. Spray a small skillet with cooking spray. Add flour tortilla and heat over low heat for 4 minutes or until crisp.
2. Break egg into center of tortilla. Cover and cook over low heat for 5 minutes or until egg is partially set.
3. Add black beans; distribute around egg. Cover and continue to cook for 5 minutes or until egg is done. Add cheese and cover briefly to melt.
4. Serve topped with salsa.

### Nutrition Per Serving:

Calories 406, Calories from fat 99, Protein 23g, Fat 11g(sat 4g), Carbohydrate 54g, Fiber 10g, Cholesterol 221mg, Sodium 462mg

### Healthy Additions:

- Chopped onions or tomatoes
- Cilantro

### Healthy Tip:

- Limit 1 egg per breakfast - 3 per week

**See how to make this and all the recipes in this book on "Good Health IS Possible" DVD.**

## Your body needs rest!

Eight hours of sleep each night is recommended. Everyone is different and some people may need more.

- Sleep allows the body to repair itself.<sup>1</sup>
- Sleep is connected to memory and attention, complex thought, motor response, and emotional control.<sup>1</sup>
- Sleep loss may have harmful consequences for our immune and endocrine systems, as well as contribute to serious illnesses such as obesity, diabetes, and hypertension.<sup>1</sup>
- Inadequate sleep is linked with anger, anxiety, and sadness.<sup>2</sup>

Call your local health department for more information.



**A healthier today for a brighter tomorrow.**  
[www.LCDHD.org](http://www.LCDHD.org)

1. National Sleep Foundation  
2. University of Pennsylvania