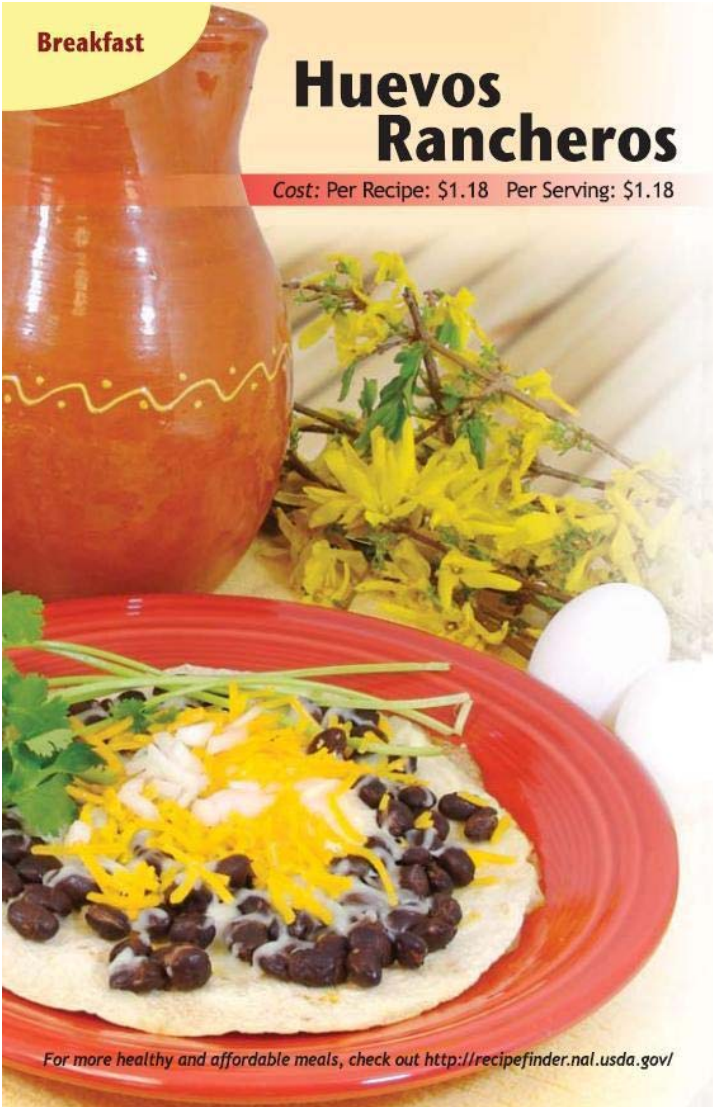


Breakfast

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.¹
- Sleep is connected to memory and attention, complex thought, motor response, and emotional control.¹
- 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.¹
- Inadequate sleep is linked with anger, anxiety, and sadness.²

Call your local health department for more information.



A healthier today for a brighter tomorrow.
www.LCDHD.org

1. National Sleep Foundation
2. University of Pennsylvania