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 97, 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.