

Knife-and-Fork Breakfast Burrito

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File Under:

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Ingredients

- 1 cup canned black beans, rinsed and drained
- 1/3 cup bottled chunky salsa
- 4 eggs, slightly beaten
- 2 tablespoons milk
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- Nonstick cooking spray or cooking oil
- 1 medium tomato, thinly sliced
- 1/2 cup crumbled queso fresco cheese or shredded Monterey Jack cheese (2 ounces)
- 1/4 cup dairy sour cream
- 4 teaspoons snipped fresh mint
- Bottled chunky salsa (optional)

Directions:

1. In a small saucepan mash the beans slightly. Stir in the 1/3 cup salsa. Heat through over low heat. Cover and keep warm while making egg "tortillas."
2. In a medium bowl combine eggs, milk, pepper, and salt. Coat a 10-inch nonstick omelet pan (or skillet with flared sides) with nonstick cooking spray, or brush lightly with a little cooking oil. Preheat pan over medium heat until a drop of water sizzles.
3. For each of the egg "tortillas" pour about 1/4 cup of the egg mixture into the pan. Lift and tilt pan to spread egg mixture over bottom. Return to heat. Cook for 1-1/2 to 2 minutes or until lightly browned on bottom (do not turn).
4. Loosen edges of the egg "tortilla" with spatula; carefully slide out onto a serving plate, browned side down. On one half of the "tortilla," spread one-fourth of the bean-salsa mixture. Top with tomato and cheese. Fold in half and then into quarters to form the burritos. Keep warm while preparing remaining tortillas and burritos. Top with a dollop of sour cream and the remaining cheese; sprinkle with mint. Serve with additional salsa, if desired. Makes 4 servings.

Nutritional facts per serving

calories: 179 , total fat: 9g , saturated fat: 4g , cholesterol: 223mg , sodium: 389mg , carbohydrate: 14g , fiber: 4g , protein: 14g , vitamin A: 0% , vitamin C: 14% , calcium: 12% , iron: 12%