



Breakfast Burritos

(serves 4)

Ingredients	Instructions	Nutrition Facts																																																																																																												
<p>1 16 oz. can black beans (about two cups of prepared dried black beans)</p> <p>4 whole wheat tortillas</p> <p>8 egg whites or egg beaters</p> <p>4 tablespoons salsa (or chopped tomatoes)</p> <p>2 tablespoons cilantro (optional)</p> <p>1 bunch scallions, chopped</p> <p>2 cloves garlic, minced</p> <p>1 teaspoon cumin</p> <p>4 tablespoons nonfat sour cream</p> <p>½ cup shredded reduced fat, low sodium cheddar cheese</p> <p>salt and pepper to taste</p> <p>optional chopped vegetables</p>	<ol style="list-style-type: none"> 1. Scramble the eggs, chop the scallions and garlic. 2. Drain the beans and then heat in a sauce pan on medium heat. 3. Heat a sauté pan to medium high to high, add a teaspoon of cooking oil and sauté the garlic and scallions, for about 1-2 minutes (save a few scallions to put on top of the burritos). Add the eggs and cumin and cook until eggs are cooked to desired firmness (about 3-5 minutes). 4. Split egg mixture evenly between the tortillas, top with beans, sour cream and cheese (if you'd like to add more vegetables, include them at this time). 5. Serve with a garnish of salsa, cilantro, and scallions. 	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="4">Serving Size (263g)</td> </tr> <tr> <td colspan="4">Servings Per Container</td> </tr> <tr> <td colspan="4"><hr/></td> </tr> <tr> <td colspan="4" style="text-align: center;"><small>Amount Per Serving</small></td> </tr> <tr> <td colspan="4"><hr/></td> </tr> <tr> <td style="text-align: left;"><small>Calories</small></td> <td style="text-align: center;">300</td> <td style="text-align: left;"><small>Calories from Fat</small></td> <td style="text-align: center;">20</td> </tr> <tr> <td colspan="4"><hr/></td> </tr> <tr> <td colspan="4" style="text-align: right;"><small>% Daily Value *</small></td> </tr> <tr> <td style="text-align: left;">Total Fat</td> <td style="text-align: center;">2.5g</td> <td></td> <td style="text-align: right;">4%</td> </tr> <tr> <td style="text-align: left;">Saturated Fat</td> <td style="text-align: center;">1g</td> <td></td> <td style="text-align: right;">4%</td> </tr> <tr> <td style="text-align: left;">Cholesterol</td> <td style="text-align: center;">5mg</td> <td></td> <td style="text-align: right;">2%</td> </tr> <tr> <td style="text-align: left;">Sodium</td> <td style="text-align: center;">310mg</td> <td></td> <td style="text-align: right;">13%</td> </tr> <tr> <td style="text-align: left;">Total Carbohydrate</td> <td style="text-align: center;">51g</td> <td></td> <td style="text-align: right;">17%</td> </tr> <tr> <td style="text-align: left;">Dietary Fiber</td> <td style="text-align: center;">12g</td> <td></td> <td style="text-align: right;">49%</td> </tr> <tr> <td style="text-align: left;">Sugars</td> <td style="text-align: center;">3g</td> <td></td> <td></td> </tr> <tr> <td colspan="4"><hr/></td> </tr> <tr> <td colspan="4">Protein 25g</td> </tr> <tr> <td style="text-align: left;">Vitamin A</td> <td style="text-align: center;">6%</td> <td style="text-align: left;">Vitamin C</td> <td style="text-align: center;">4%</td> </tr> <tr> <td style="text-align: left;">Calcium</td> <td style="text-align: center;">20%</td> <td style="text-align: left;">Iron</td> <td style="text-align: center;">20%</td> </tr> <tr> <td colspan="4"><hr/></td> </tr> <tr> <td colspan="4"><small>* Percent Daily Values are based on a 2,000 calorie diet. 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