

Eggs Mexicali

Makes: 6 servings (1 egg and 1/2 cup bean mixture)

Preparation time: 5 minutes

Cook Time: 10 minutes

Ingredients

2 cups salsa (fresh or bottled)

2 cups cooked or canned pinto beans, drained

6 eggs

6 tablespoons grated cheddar cheese

Directions

1. Heat salsa and beans in medium skillet over medium heat until the sauce boils.
2. Crack eggs one at a time into bowl and carefully pour into the bubbly sauce.
3. Cover the pan with a lid, reduce heat to medium-low and cook until the eggs are firm (about 4-6 minutes).
4. Sprinkle with grated cheese. Cover pan until cheese melts.
5. Serve with brown rice and corn Tortillas.



Nutrition Facts

Serving size 1 egg and 1/2 cup bean mix (221g)

Servings per recipe: 6

Calories 180	Calories from fat 70
Total Fat 8g	12% Daily Value
Trans Fat 0g	
Cholesterol 220mg	73% Daily Value
Sodium 770mg	32% Daily Value
Total Carbohydrate 14g	5% Daily Value
Dietary Fiber 2g	8% Daily Value
Sugars 4g	
Protein 10g	