



Eggs Mexicali

Makes: 6 servings (1 egg and ½ cup bean mixture).

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients:

2 cups salsa

2 cups cooked or canned pinto beans, drained

6 eggs

6 tablespoons grated 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 a 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 rice and tortillas.
6. Refrigerate leftovers.

Nutrition Facts

Serving Size 1 egg & 1/2 cup bean mix (221g)
 Servings Per Container 6

Amount Per Serving

Calories 180 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

 Saturated Fat 3g **15%**

 Trans Fat 0g

Cholesterol 220mg **73%**

Sodium 770mg **32%**

Total Carbohydrate 14g **5%**

 Dietary Fiber 2g **8%**

 Sugars 4g

Protein 10g

Be Creative!

Substitute black beans or kidney beans for pinto beans.

