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Hearty Egg Burrito

Serves: 4 servings	Calories per serving: 340 Calories
Prep time: 20 minutes	Cook time: 10 minutes
<p>3 green onions 1 medium bell pepper 1 medium garlic clove 1 tsp oil Optional: Cilantro</p>	<p>Slice green onions. Remove core and dice bell pepper. Peel and mince garlic. Heat oil in a medium skillet. Add green onions, bell pepper, and garlic. Cook until the peppers are soft, about 3 minutes. If desired, mince cilantro (but wait to add this until step 3)</p>
<p>1 (15 1/2 oz) can black beans 1/2 tsp cumin Pinch of black pepper</p>	<p>Drain and rinse beans, then add to the skillet and heat through. Add 1/2 tsp cumin and black pepper. Transfer mixture to plate.</p>
<p>4 eggs 1/4 tsp cumin 1/2 tsp salt</p>	<p>In a small bowl, crack eggs. Add remaining 1/4 tsp cumin. Beat mixture lightly with a fork. Wipe out the skillet with a paper towel. Coat with non-stick spray. Heat to medium-low. Add egg mixture. Cook, stirring occasionally, until eggs are as firm as you like, about 3-5 minutes. Add in cilantro.</p>
<p>4 oz grated cheddar cheese 4 whole wheat tortillas</p>	<p>Spoon egg mixture into the center of the tortillas. Add beans and veggies (you may have extra). Sprinkle cheese. Top with salsa, sour cream. Fold burrito and enjoy!</p>