

Contact Cooking Matters: Email: Cookingmatters@owu.edu
Check out the website: sites.owu.edu/cookingmatters

Hearty Egg Burritos

of servings: 4 **Serving Size:** 1 burrito **TOTAL TIME:** 20 minutes

Ingredients

- 3 green onions
- 1 medium bell pepper
- 1 medium garlic clove
- ¼ bunch cilantro
- 2 ounces cheddar cheese
- 1 (15 ½ oz) can black beans
- 1 tsp canola oil
- 4 large eggs
- ¾ tsp ground cumin
- ¼ tsp black pepper and salt
- Non-stick cooking spray
- 4 whole wheat flour tortillas

Directions

1. Rinse green onions, cilantro and bell pepper. Peel garlic clove.
2. Slice green onions. Remove core and dice bell pepper. Mince garlic and cilantro. Grate cheese if needed.
3. In a colander, drain and rinse beans
4. Heat oil in a medium skillet. Add beans, green onions, bell pepper, and garlic. Cook until the peppers are soft, about 3 minutes. Add ½ tsp cumin and black pepper. Transfer mixture to plate.
5. In a small bowl, crack eggs. Add remaining ¼ tsp cumin. Beat mixture lightly with a fork.
6. 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.
7. Spoon egg mixture into the center of each tortilla, dividing evenly. Add beans and veggies. Sprinkle cheese. Top with salsa, guacamole, sour cream (or greek yogurt for a low-fat option). Fold burrito and enjoy!

Recipe Source: Cooking Matters for Adults recipe book