

## ***Mexican Scrambled Eggs with Black Beans, Salsa, and Corn Tortillas***

A flavorful and filling breakfast, packed with nutrients and fiber. For the chili ingredient option below, I prefer poblano chilies for their flavor, but they vary from sweet to very spicy, and not every store carries them. Alternatives are canned green chilies or bell peppers, which are sold everywhere.

**Prep Time:** 15 minutes

**Serves:** 2

### **Ingredients:**

1 cup black beans, cooked

4 medium corn tortillas

1 tsp avocado olive oil

½ medium sweet onion, diced

¼ tsp sea salt

½ tsp ground paprika

1 medium chili pepper (poblano chili, green chili, or ½ bell pepper)

Dash ground cayenne pepper (or to taste)

4 large eggs, free-range, organic, omega-3-enriched

2 Tbsp fresh cilantro or parsley

¼ cup prepared salsa

1 Tbsp plain yogurt

### **Directions:**

Heat black beans on medium for 5 minutes. In a separate pan, warm tortillas over low heat, flipping occasionally.

Meanwhile, heat a sauté pan to medium-high. Add oil, then sauté onion, salt, and paprika for 1 to 2 minutes, until onion is nearly translucent. Add chili and cayenne pepper, if using, and heat another 1 to 2 minutes, stirring occasionally.

Whip eggs; then pour over vegetables in sauté pan, stirring occasionally, scrambling eggs gently. Garnish eggs with cilantro or parsley.

To serve, place eggs on a plate. Serve salsa and beans on the side. Garnish beans with a dollop of yogurt. Enjoy with warmed tortillas, spooning a mix of beans, eggs, and salsa into each tortilla.

Enjoy!

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