

Hearty Egg Burritos

Serves 4

Ingredients

1 teaspoon oil

½ medium onion, chopped

1 can black beans, 14 ounces, drained and rinsed

¼ teaspoon black pepper

Pinch of salt

¼ teaspoon garlic powder

4 large eggs

Cooking spray

4 medium tortillas, whole wheat

½ cup cheese, shredded

½ cup salsa

Directions

Heat oil in a skillet over medium heat. Add onion, beans, black pepper, salt and garlic powder. Cook until onion is soft, about 5 minutes. Move beans and veggies to a clean plate or bowl.

Mix eggs in a small bowl with a fork.

Wipe skillet clean with a paper towel. Coat with cooking spray. Heat at medium-low.

Add egg mixture. Cook about 3-5 minutes. Stir often to scramble eggs.

Spoon egg mixture into the center of each tortilla. Add beans and veggies. Sprinkle cheese on top. Add spoonful of salsa. Fold into a burrito.

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