

HEARTY EGG BURRITO

- 4 ½ green onions, chopped
- 1 ½ tsp minced garlic
- 1 (15.5 oz.) can black beans, rinsed and drained
- 6 large eggs
- ½ tsp ground black pepper
- 6 (8-inch) whole wheat flour tortillas
- 3 oz. shredded low-fat cheddar cheese
- 1 ½ med. bell pepper, chopped
- 1 ½ tsp oil
- 1 ¼ tsp. ground cumin, divided
- ½ cup nonfat plain yogurt
- ½ cup fresh cilantro
- Non-stick cooking spray

Materials Needed:

- Box Grater
- Can Opener
- Colander
- Measuring Cups
- Medium Skillet
- Plates
- Sharp Knife
- Cutting Board
- Measuring Spoons
- Mixing Bowls
- Paper Towels
- Rubber Spatula

Food Prep:

1. Open can of beans. Rinse and drain beans in the colander. Place beans into a mixing bowl.
2. Rinse green onions and chop. Rinse bell pepper. Core and dice bell pepper. Peel garlic clove and mince. Add to the mixing bowl with beans.
3. Rinse cilantro, remove leaves from stems.
4. Grate cheese into a separate mixing bowl and set aside.

Cooking Directions:

1. In a skillet, over medium to low heat, heat oil.
2. Add beans, green onions, bell pepper, and garlic to skillet. Increase heat to medium high temperature. Cook until peppers are soft, about 3 minutes. Stir mixture frequently to prevent burning.
3. Add and mix ½ tsp ground cumin and ¼ tsp black pepper.
4. Transfer bean and veggie mixture to plate. Set aside.
5. In a small bowl, crack eggs. Add remaining ¼ tsp. cumin. Beat mixture lightly.
6. Add egg mixture to skillet. Cook stirring occasionally, until eggs are firm, about 3-5 minutes. Add cilantro now.
7. Spoon egg mixture into the center of each tortilla. Add bean and veggie mixture. Add grated cheese and dollop of yogurt to each tortilla.
8. Fold tortilla over mixture and serve.

Serves 4; 1 burrito per serving. Recipe adapted from Cooking Matters for Kids.