

BREAKFAST SCRAMBLE

Ingredients

- 15 ounces Black Beans *low-sodium*
- 1 Bell Pepper *(about 3/4 cup) chopped*
- 1 cup Broccoli *chopped*
- 4 Eggs *Whole*
- 8 Egg Whites
- 2 teaspoons Vegetable Oil
- 8 slices Whole Wheat Bread *toasted*
- 3/4 cup Part-skim Mozzarella Cheese *shredded*
- 1 Avocado *chopped*
- 1 Tomato *large, chopped*
- Salsa

Directions

1. Pour the beans into a saucepan and cook over medium-low heat until heated through.
2. When the beans are hot, add vegetables to the beans and cook until softened, about 3 to 5 minutes.
3. In a bowl, combine whole eggs and egg whites and whisk together.
4. Heat the vegetable oil in a skillet over medium heat.
5. Pour eggs into the heated skillet and stir so the eggs do not stick. Scramble until eggs are cooked, about 3 minutes. Add beans and vegetables to skillet with the eggs. Stir to mix.
6. Serve with whole wheat toast and top with cheese, avocado, tomato, and salsa.

Source: Eatfresh.org