

Scrambled Egg Burritos with Black Bean & Tomato Salsa

Adapted from EatingWell.com

Makes 4 burritos

INGREDIENTS

Black Bean & Tomato Salsa:

- 4 tomatoes, diced
- 1 cup canned black beans, rinsed
- 2 tablespoons chopped green onion
- 1 tablespoon fresh chopped cilantro
- 1 tablespoon lime juice
- 1 ½ teaspoons olive oil
- Sprinkle of salt to taste

Scrambled Egg Burrito

- 4 – 9 inch whole-wheat flour tortillas
- 4 large eggs
- Sprinkle of salt and pepper to taste
- 1 teaspoon olive oil
- 1 – 4oz. can chopped green chiles
- ½ cup grated cheese (cheddar or jack)

MATERIALS NEEDED

- 2 mixing bowls
- 1 pan
- Measuring spoons
- Measuring cups
- Cutting board
- Knife
- Can opener
- Fork
- Wooden spoon
- Serving utensils
- Plates

COOKING INSTRUCTIONS

- Prepare salsa first by combining all of the salsa ingredients together. Place to the side.
- Blend eggs, salt and pepper in a medium bowl with a fork until blended.
- Heat oil in a pan over medium-low heat. Add chiles and cook, stirring, for 1 minute.
- Add eggs and cook, stirring slowly with a wooden spoon for about 2 minutes.
- Microwave tortillas for 30 seconds
- Divide egg mixture evenly among the tortillas.
- Sprinkle each with some cheese and add the salsa mixture.
- Roll up and serve.