

Southwest Scramble

What You'll Need

- 4 whole wheat tortillas
- 2 whole eggs
- 2 egg whites
- ¼ cup diced green pepper
- ¼ cup diced onion (optional)
- ¼ cup black beans
- 2 tbsp salsa
- ½ cup shredded low-fat cheddar cheese
- Cooking spray

Serves 4

Let's Cook!

- 1 Spray a medium sauté pan with cooking spray.
- 2 Wisk eggs and egg whites together in a bowl.
- 3 Sauté onion and green pepper on medium heat for about 7 minutes or until tender.
- 4 Turn heat to low and pour in eggs, egg whites and black beans.
- 5 Sprinkle cheese on top and cook for another 4 minutes (until the eggs are cooked). Continue to stir.
- 6 Turn off heat and remove from stove.
- 7 Warm the tortillas in the microwave for 10-15 seconds.
- 8 Divide egg mixture into 4 and place a portion of the egg mixture onto the center of each tortilla.
- 9 Pour ½ tbsp of salsa on the egg.
- 10 Fold the bottom half of the tortilla over part of the egg mixture.
- 11 Fold one side of the tortilla over the eggs and fold the other side over.

Nutrition Facts

Serving Size (146g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 420mg	18%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 13g	
Vitamin A 4%	Vitamin C 15%
Calcium 8%	Iron 10%

