

Black Bean & Lime Breakfast Taco

Eggs are so quick to cook up and this recipe really doesn't make much of a mess at all in the kitchen.

Other Black Bean Taco Filling Ideas

- Grilled chicken or steak or ground beef or chicken instead of eggs
- No eggs, no meat, add sautéed or grilled veggies like zucchini, red peppers, and corn
- Refried pinto or refried black beans spread onto the tortilla
- Fresh salsa, salsa verde, or pico de gallo
- Hot sauce or enchilada sauce



INGREDIENTS: (2 TACOS)

3 large eggs
salt and pepper, to taste
½ cup of Organic Black Beans, drained and rinsed
1/2 of a lime, juiced
1/4 teaspoon cumin
1/4 teaspoon chili powder
¼ cup feta cheese, crumbled
¼ avocado, diced
salsa, your choice of heat
¼ cup cilantro leaves, rinsed and chopped
2 corn tortillas or almond flour tortillas warmed

DIRECTIONS:

- Combine the eggs, salt, and pepper. Hand beat the eggs using a whisk or fork until yolk and white are evenly mixed and the eggs are frothy, about 1 minute.
- Combine the drained and rinsed beans with the lime juice, cumin and chili powder. Cook covered over the stove or in the microwave until warm. Set aside.
- Grease a nonstick sauté pan and set it over medium-high heat. Add eggs to the pan. After the eggs begin to set, gently move them around in the pan with a spatula or wooded spoon. Move the eggs to the center while tilting your pan to redistribute the unset parts.
- Break apart large pieces with your spoon or spatula. Turn the eggs as needed until they are cooked through. Stir in the chopped cilantro.
- To assemble the taco: divide the egg and black bean evenly among the tortillas. Garnish each burrito with feta, avocado, and salsa. Top with additional cilantro, if desired. Serve immediately.

