



Make Yourself a Healthy Black Bean Breakfast Burrito

It's a great source of protein!

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There's something satisfying and comforting about being able to wrap everything up in a tortilla. This breakfast burrito is a filling meal, and the eggs and black beans are both great sources of protein, which helps you feel fuller longer. To save some time, use store-bought salsa instead of making the pico de gallo. Just make sure it contains minimal ingredients.

Ingredients

Pico de gallo (salsa):

- 1 plum tomato, seeded and diced
- 1 tablespoon finely chopped white or red onion
- 1 tablespoon minced jalapeño, deseeded
- 1 tablespoon fresh lime juice
- 1 tablespoon chopped cilantro
- Salt, to taste

Burrito:

- 4 large eggs
- Salt and pepper, to taste
- Pinch cayenne pepper (optional)
- 2 teaspoons canola or grape seed oil
- 1/3 cup grated Monterey Jack or cheddar cheese
- 1 cup black beans, rinsed and drained
- 2 (9-inch) whole wheat tortillas
- ½ ripe avocado, peeled, pitted and diced

Servings: 2 / Ingredients: 14 / Prep: 20 minutes

Directions

1. In a small bowl, mix the diced tomato, onion, jalapeño, lime juice, cilantro, salt and pepper. Set aside.
2. In a medium bowl, whisk the eggs with 1 teaspoon of water, cayenne pepper (if using) and salt and pepper.
3. In a medium nonstick skillet, heat 1 teaspoon of oil over medium heat. Add the eggs and cook, stirring to scramble just until set. Stir in the cheese and cook until it has melted. Remove from heat.
4. Wipe the skillet clean. Heat the remaining 1 teaspoon of oil over medium-high heat and add the drained black beans. Cook just until heated through, about 1 minute. Remove from heat.
5. Wipe the skillet clean again and heat the tortillas just until warmed.
6. Fill the tortillas with the pico de gallo vertically down the center, about an inch away from the edges. Then top with even amounts of beans, scrambled eggs and diced avocado. Fold over the top and the bottom of the tortilla, then fold over the sides, overlapping them. Serve folded side down.

Chef Tips

To get your meal on the table quicker, you can substitute a store-bought pico de gallo.

Nutrition Facts (per serving)

Calories: 834; fat: 33 g; saturated fat: 10 g; polyunsaturated fat: 8 g; monounsaturated fat: 13 g; carbohydrates: 93 g; sugar: 6 g; fiber: 21 g; protein: 45 g; sodium: 862 mg

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