

Huevos Rancheros

(Makes 8 servings)



1-15 oz. can black beans, drained and rinsed	3/4 t garlic powder
1-15 oz. can no salt added diced tomatoes	1/2 t cumin
3 T finely chopped cilantro	1 T paprika
1 jalapeno pepper seeded and finely chopped	1 t salt
16-6" diameter flour tortillas	16 eggs
1 avocado cut into 8 wedges	1/2 c parmesan cheese

Preheat oven to 375°F. Mix together beans, tomatoes, paprika, cumin, 2 T of cilantro, garlic powder, jalapeno, and salt in a bowl. Spray a muffin tin with non-stick cooking spray and place each tortilla in the pan, crimping the sides in three places so the tortilla makes a cup. Crack an egg in the bottom of each tortilla. Place 1/4 cup of the tomato bean mixture in each tortilla. Bake for 20 minutes, place a wedge of avocado and a light sprinkle of cheese and cilantro on top of each and bake another 5 minutes.

Nutrition per serving (2 each): 470 calories, 20g fat, 8g fiber, 24g protein.
Excellent source of Vitamin A and C, Iron and Calcium.

