Breakfast Burritos
Serves 4

Ingredients:
• 14.5 oz can diced tomatoes, drained
• 1 small onion, diced
• 1/4 cup cilantro leaves
• 1 Jalapeño chile, halved and seeded
• Cooking spray
• 8 large eggs, lightly beaten
• Salt and pepper
• 15 oz can black beans, rinsed
• 8 small corn tortillas, warmed
• 1/2 cup reduced fat shredded Monterey jack cheese
• 1/4 cup light sour cream

Directions:
1. Place skillet on burner to preheat on medium high
2. Start by cutting veggies (onion, jalapeno) and drain/ rinse canned veggies (tomatoes, beans)
3. Use a food processor to pulse tomatoes, onion, cilantro, and jalapeno pepper until chunky
4. Coat skillet with cooking spray and add eggs seasoned with salt and pepper
5. Scramble eggs for 3-4 minutes and then transfer to a large plate
6. Wipe out skillet and then add beans and 2 tablespoons water
7. Cook beans until warm and then put in bowl
8. Wipe out skillet again and add salsa and cook for five minutes
9. Warm tortillas in microwave

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