

Recipe

Featured Recipe

Breakfast Tacos

1 Serving (2 Tacos)

INGREDIENTS

- 1 egg
- 2 egg whites
- 1/4 cup canned black beans
- 1/8 tsp. oregano
- 1/8 tsp. cumin
- Salt and pepper
- 2 corn tortillas
- 2 tbsp. avocado
- 2 tbsp. salsa

DIRECTIONS

1. Spray a microwave safe dish with cooking spray. Whisk together the eggs, egg whites, black beans, cumin, oregano salt, and pepper. If you're adding extra veggies stir them in as well. If your veggies are raw, you can microwave them first for 1-2 minutes until just tender.
2. Microwave the eggs for 1 minute. Remove and scramble with your fork. Return to microwave for 1-1.5 minutes until cooked through.
3. Warm the tortillas. I prefer to do this directly on the burner on the stove so they toast a bit but you could also microwave them for 10-15 seconds.
4. Assemble your tacos with your favorite salsa, avocado, and any additional toppings.

NUTRITION

Per serving: Each serving (2 tacos) contains about 296 calories, 35g carbohydrates, 21g protein, 9g fat, 2g saturated fat, 629mg sodium, 9g fiber, 1g sugar, 186mg cholesterol

Source: <https://www.slenderkitchen.com/recipe/five-minute-healthy-breakfast-tacos>



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