

Black Bean-Corn Breakfast Burritos



Makes 6 servings

Active time: **30 minutes**

Total time: **30 minutes**

Course: **Breakfast**

You can find breakfast burritos in freezer cases and fast-food joints everywhere—but making your own is far tastier (and usually cheaper, too!). If you can't find queso fresco (a type of soft Mexican cheese), Monterey Jack is a fine substitute.

Ingredients

- 2 teaspoons olive oil, divided
- 2 medium fresh poblano chile peppers, seeded and chopped
- $\frac{3}{4}$ cup canned black beans, rinsed and drained
- $\frac{3}{4}$ cup frozen whole kernel corn, thawed
- $\frac{1}{2}$ cup red or green salsa, plus $\frac{1}{2}$ cup for garnish
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon chili powder
- 6 eggs
- Dash of salt
- Dash of ground black pepper
- 6 8-inch whole-grain flour tortillas, warmed according to package directions
- $\frac{3}{4}$ cup crumbled queso fresco or shredded reduced-fat Monterey Jack cheese (3 ounces)
- $\frac{1}{4}$ cup snipped fresh cilantro

Preparation

1. In a large skillet, heat 1 teaspoon oil over medium heat. Add poblano peppers; cook about 3 minutes or just until tender, stirring occasionally. Stir in beans, corn, $\frac{1}{3}$ cup salsa, cumin and chili powder. Cook and stir about 2 minutes or until heated through. Remove vegetable mixture from skillet.
2. In a medium bowl, combine eggs, salt and black pepper. In the same skillet heat the remaining 1 teaspoon oil over medium heat. Pour in egg mixture. Cook, without stirring, until mixture begins to set on the bottom and around the edges. Using a spatula or a large spoon, lift and fold the partially cooked egg mixture so the uncooked portion flows underneath. Continue cooking over medium heat for 2 to 3 minutes or until egg mixture is cooked through but is still glossy and moist. Immediately remove from heat. Gently fold in vegetable mixture.
3. Spoon about $\frac{2}{3}$ cup of the egg mixture onto each tortilla just below the center. Top with cheese and cilantro. Fold bottom edge of each tortilla up and over filling. Fold in opposite sides; roll up from the bottom. Cut in half before serving. If desired, serve with $\frac{1}{2}$ cup salsa.

Nutrition

Per serving: 297 calories; 29 g carbohydrates; 12 g fat (4 g sat, g mono); 20 g protein; 216 mg cholesterol; 12 g dietary fiber; 315 mg potassium; 602 mg sodium. Nutrition bonus: 1 mg Vitamin C, 44 µg Folate, 181 mg Calcium, 4 mg Iron, 777 IU Vitamin A