

## Eggs Mexicali

Makes: 6 servings (1 egg and ½ cup bean mixture)

Preparation Time: 5 minutes

Cooking Time: 10 minutes

### *Ingredients:*

- 2 cups salsa
- 2 cups cooked or canned pinto beans, drained
- 6 eggs
- 6 tablespoons grated cheese

### *Directions:*

1. Heat salsa and beans in medium skillet over medium heat until the sauce boils.
2. Crack eggs one at a time into a bowl and carefully pour into the bubbly sauce.
3. Cover the pan with a lid, reduce heat to medium-low and cook until the eggs are firm (about 4-6 minutes).
4. Sprinkle with grated cheese; cover pan until cheese melts.
5. Serve with rice and tortillas.
6. Refrigerate leftovers.

### *Be Creative!*

Substitute black beans or kidney beans for pinto beans.

### *Eat Smart: Build Strong Bones!*



Nutrition Facts	
Serving Size 1 egg & 1/2 cup bean mix (221g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 220mg	<b>73%</b>
<b>Sodium</b> 770mg	<b>32%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein</b> 10g	

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