



Rancher's eggs

Ingredients:

- 6 whole-grain corn tortillas
- 1 can (15 ounces) reduced-sodium black beans, rinsed and drained
- 1 t. ground cumin
- 6 large eggs
- 1/2 c. grated reduced-fat cheddar or Monterey Jack cheese
- 6 T. salsa

Adapted with permission from Mayoclinic.org

Directions

Preheat oven to 350 F. Generously spray 6 (8-ounce) custard cups with cooking spray and place on a cookie sheet. Place tortillas in the microwave and heat for about 25 seconds or until they are warm and flexible. Gently press a tortilla into each cup. Spray the tops of the tortillas with cooking spray.

Place beans in a small bowl and mash coarsely with a fork or potato masher. Add cumin and stir until combined. Spoon the bean mixture into tortillas, dividing evenly. Crack 1 egg into each tortilla on top of the beans.

Place cookie sheet with egg cups in the oven and bake for 24 to 27 minutes, or until the egg whites are set and the yolks are soft.

Sprinkle each egg with grated cheese and return to oven for an additional minute or until the cheese is melted.

Remove eggs from oven and run a table knife around the tortillas to loosen them from the custard

cups. Then transfer to plates. Top with fresh salsa and serve immediately. Serves 6.

Nutrition facts

Per serving (1 filled tortilla)	
Calories	292
Protein	17 g
Carbohydrate	32 g
Total fat	10 g
Saturated fat	5 g
Monounsaturated fat	4 g
Cholesterol	190 mg
Sodium	536 mg
Fiber	9 g
Added sugar	0 g