

Brunchito

Serving size: 2

- 2 whole wheat flour tortillas
- 2 eggs, scrambled
- 2 tablespoons of diced tomatoes
- 1 teaspoon fresh chopped cilantro
- Refried beans (use whatever you have on hand or make your own! **See easy recipe below**)
- 2 sides plus 1 tablespoon salsa (your preference - I use hot)
- ½ cup shredded Mexican blend cheese
- Sour cream
- Sliced scallions
- Guacamole (optional)

Heat oven or small toaster oven to 250°F. Wrap both whole wheat wraps in a sheet of tinfoil and place in oven to warm up.

Drain and rinse black beans and then mash pretty well in a small mixing bowl.

Heat canola oil in a medium skillet over medium-high heat.

Sauté onions, red peppers and green peppers for about 3-5 minutes or until onions start to become translucent. Add mashed beans, taco sauce, and chicken stock to skillet and stir to combine. Once it becomes a thinner consistency and is easier to stir, add cilantro, cumin, lime juice and hot pimenton and combine. **Note:** If the beans are hard to stir and are too thick, thin them out with a little more chicken stock. You are looking for them to be spreadable definitely not soupy!

Remove bean mixture from the skillet and set aside. Wipe out pan with a paper towel and turn down the heat to somewhere in between medium and medium-high (that's about a 6 in the electric stove cooking world). Add your favorite non-stick agent now and add your scrambled egg mixture.

Once you add your scrambled eggs to the pan, introduce your diced tomatoes, cilantro and your 1 tablespoon of salsa. Cook eggs until they are done how you like 'em. Remove wraps from oven and spread liberally with refried beans. Sprinkle the cheese over the bean layer and then add your eggs. I add some scallions now and then fold up burrito-style. Serve with dollops of sour cream, guacamole and salsa. Garnish with scallions. Enjoy!

Refried beans:

- 1 tablespoon of canola oil
- 1 can black beans, rinsed and drained
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon diced green peppers
- 1 tablespoon diced red peppers
- 1 tablespoon diced onions
- 1 tablespoon taco sauce
- 1 teaspoon cumin
- 1 teaspoon of lime juice
- ½ teaspoon hot pimenton (you can substitute with a pinch of cayenne)
- 3 tablespoons of chicken stock

Special thanks to Holly for coming up with the name for this recipe!