



Eggs Mexicali

Servings: 6

Ingredients:

- 2 cups salsa
- 2 cups cooked or canned pinto beans, rinsed, drained
- 6 eggs
- 6 Tablespoons low-fat cheddar cheese, grated

Directions:

1. In a pan over medium heat, add salsa and beans. Heat to simmer.
2. Crack eggs one at a time into a bowl and carefully pour into the pan.
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 cheddar cheese. Cover pan until cheese melts.
5. Serve immediately.
6. Refrigerate leftovers.

Tip: Makes a great breakfast or main dish. Try serving with brown rice and tortillas.

Nutrition Facts	
Serving Size 1 egg, 1/2 cup beans	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 870mg	36%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 10g	
Vitamin A 6%	• Vitamin C 0%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

