

extension

LIVE WELL
ALABAMA

#EatBetter

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Breakfast

Fiesta Breakfast Bowl

Helpful Hints

- **Add leafy greens for a more colorful breakfast.**
- **Use leftovers by adding chicken or turkey.**
- **Serve with corn tortillas to turn this recipe into breakfast tacos.**

Fiesta Breakfast Bowl

Serves 2

Ingredients

Cooking spray

4 eggs, beaten

1 can black beans, 15 ounces,
drained and rinsed

1 avocado, peeled and sliced

Pinch of salt

¼ cup salsa

Salt and pepper to taste

Directions

1. Spray skillet with cooking spray. Add beaten eggs.
2. Cook and stir eggs over medium heat until eggs are set, 3 to 5 minutes.
3. Place black beans in a microwave-safe bowl. Heat in microwave until warm, about 1 minute.
4. Divide warmed black beans between two bowls.
5. Top each bowl with scrambled eggs, avocado, and salsa. Season with salt and pepper.