



Black Bean Breakfast Bowl

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A low-carb quick breakfast! (yields: 2 servings)

Ingredients:

- 2 Tbsp. olive oil
- 4 eggs, beaten
- 1 (15 oz.) can black beans, drained and rinsed
- 1 avocado, peeled and sliced
- 1/4 c. salsa
- Salt and ground black pepper to taste

1. Heat olive oil in a small pan over medium heat. Cook and stir eggs until eggs are set, 3 - 5 minutes.
2. Place black beans in a microwave-safe bowl. Heat on High in the microwave until warm, about 1 minute.
3. Divide warmed black beans between two bowls.
4. Top each bowl with scrambled eggs, avocado, and salsa. Season with salt and black pepper.



Recipe from: AllRecipes.com



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