RECIPE

Huevos Rancheros

This delicious southwestern-style dish is a great breakfast or brunch option.

Makes: 2 servings
Cook/Prep time: approx. 30 minutes
Source: MSUextension.org

Ingredients

- 4 corn tortillas
- 1/2 of a 16-ounce can of low sodium refried beans (or refried black beans)
- 3 eggs
- 1/4 cup grated cheese, cheddar or Jack
- 4 Tablespoons salsa

Directions

1. Place a tortilla in a frying pan on medium heat to soften. Turn over to heat both sides. Keep tortilla warm in 200°F oven. Repeat with remaining tortillas.
2. Heat beans in a small saucepan or in the microwave. Be sure to cover beans when heating in the microwave to prevent splatter.
3. Cook eggs according to taste. Generally eggs "over easy" are used, but scrambled eggs work just as well.
4. Place two warm tortillas on each plate. Top with the beans and a sprinkle with grated cheese. Place eggs on top of cheese. Top with salsa.

Utensils Needed

- Small saucepan
- Medium sized pan
- Can opener
- Box grater
- Measuring cups

Small Changes, BIG Difference!

Nutrition Information

Serving Size:2 tortillas with toppings

Nutrients	Amount
Calories:	340
Total Fat:	14 g
Saturated Fat:	5 g
Cholesterol:	260 mg
Sodium:	580 mg
Total Carbohydrates:	34 g
Dietary Fiber:	1 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	19 g

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