

Huevos Rancheros



Servings: 1

2 tablespoons olive oil
1 6-inch flour tortilla
1/4 cup black beans, rinsed and drained
1 large egg
2 tablespoons tomatoes, diced
1 tablespoon fresh cilantro
1 tablespoon cotija cheese, crumbled
avocado, sliced
salt and pepper, to taste
hot sauce, optional

Heat 1 tablespoon of olive oil in a small skillet.

Add the tortilla and cook for 30 seconds on each side until it becomes slightly crisp. Using tongs remove the tortilla to a paper towel to drain any excess oil.

In the same pan add 1 tablespoon of olive oil. Crack an egg into the pan. Fry until the egg is cooked to your liking.

To Layer The Huevos Rancheros:

Add the tortilla to a plate and top with the black bean and fried egg.

Top with tomatoes, cilantro, and cotija cheese over top.

Add slices of avocado to the plate.

Season with salt, pepper, and hot sauce.

Serve

Per Serving (excluding unknown items): 585 Calories; 35g Fat (53.0% calories from fat); 20g Protein; 50g Carbohydrate; 9g Dietary Fiber; 186mg Cholesterol; 229mg Sodium; 2g Total Sugars; 1mcg Vitamin D; 104mg Calcium; 5mg Iron; 904mg Potassium; 317mg Phosphorus. Exchanges: .