



For the Salsa:

- 1 cup cherry tomatoes halved
- 1/4 cup red onions finely chopped
- 1 tablespoon lime juice
- 1/2 jalapeño pepper seeded and diced
- 1/2 avocado peeled, pitted, and chopped
- 1 pinch salt

For the Scrambled Eggs:

- 2 tablespoons olive oil
- 4 large eggs beaten
- 1 can black beans drained and rinsed
- 4 lime wedges

For the Salsa:

1. In a bowl combine cherry tomatoes, red onion, lime juice, jalapeno pepper, avocado, and 1 pinch salt. Set aside

For the Scrambled Eggs:

1. In a skillet heat olive oil over medium-high heat. Add your eggs stirring frequently. Cook until soft curds start to form.
2. Add in the black beans. Cook stirring until the eggs are set.
3. Place the scrambled eggs on to a plate and top with the salsa.
4. Serve with a wedge of lime.

Nutrition Facts

Amount per Serving

Calories 149

Calories from Fat 100

% Daily Value*

Total Fat 13g	20%
Saturated Fat 3g	15%
Cholesterol 215mg	71%
Sodium 103mg	4%
Total Carbohydrate 2g	0%

Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 6%	Vitamin C 2%
Calcium 2%	Iron 4%

Percent Daily Values are based on a 2,000 calorie diet.