



Mexican Scramble

4 servings

25 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
 1/2 Yellow Onion (diced)
 1/2 Green Bell Pepper (de-seeded and diced)
 3 Garlic (cloves, minced)
 1 Tomato (diced)
 2 cups Black Beans (cooked, drained and rinsed)
 1 tsp Cumin
 1 tsp Paprika
 1 tsp Turmeric
 Sea Salt & Black Pepper (to taste)
 6 Egg
 2 tbsps Unsweetened Almond Milk
 2 tbsps Nutritional Yeast
 2 cups Kale Leaves (finely sliced)
 1 Avocado (peeled and diced)
 1/4 cup Salsa
 1/4 cup Cilantro (chopped)

Directions

- 1 Heat olive oil in a large skillet over medium heat. Add onion, green pepper, garlic and tomatoes. Saute 5 minutes or until onion is translucent.
- 2 Add in black beans, cumin, paprika and turmeric. Season with sea salt and pepper to taste. Saute for another 2 to 3 minutes.
- 3 Mix together eggs, almond milk and nutritional yeast in a mixing bowl. Whisk well. Pour into skillet and continuously stir to scramble eggs while they cook.
- 4 Once eggs are cooked through, stir in the shredded kale. Continue to stir just until kale is wilted and then remove from heat.
- 5 Spoon into bowls and top with avocado, salsa and garnish with cilantro. Enjoy!

Notes

Less ingredients: Skip the toppings (avocado, salsa and cilantro)

Nutrition

Amount per serving	
Calories	365
Fat	17g
Carbs	33g
Fiber	14g
Sugar	3g
Protein	22g
Cholesterol	279mg
Sodium	265mg

Potassium	987mg
Vitamin C	33mg
Calcium	140mg
Iron	6mg
Vitamin D	65IU
Folate	222µg
Vitamin B12	17.6µg
Magnesium	99mg
Zinc	3mg