

# Southwest Black Bean, Cheddar Scramble

Serving Size: ½ cup

Makes 11 servings

## Ingredients:

½ cup	black beans, cooked
2 ½ cup	egg whites, whisked
1 ½ cup	whole eggs, whisked
½ tsp	kosher salt
1/8 tsp	black pepper, ground
1 tbsp	canola oil
½ cup	onions, chopped
½ cup	red bell pepper, chopped
½ tsp	chili powder
½ tsp	garlic, granulated
½ tsp	cumin, ground
¼ cup	cheddar cheese, shredded

## Preparation:

1. Prepare dry black beans according to package instructions or rinse canned beans.\*
2. In a large bowl, whisk together egg whites\*\*, scrambled eggs, salt, and pepper.
3. Heat oil in a nonstick pan on medium heat, add onions, and peppers. Cook until softened and then add chili powder, granulated garlic, and cumin.
4. Pour in egg mixture and stir eggs until they begin to cook.
5. Add cheese and beans and cook until eggs are fully cooked (no liquid).

\*RD NOTE: if using canned beans, look for "low sodium" or "no salt added" to help keep the sodium in check.

\*\*RD Note: add extra egg whites to add more protein without the saturated fat or cholesterol from egg yolks

## NUTRITION FACTS PER SERVING

calories	130
total fat (g)	6
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	260
total carbohydrate (g)	4
dietary fiber (g)	1
sugar (g)	1
protein (g)	12



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