



Mexican Scramble

4 servings

25 minutes

Ingredients

- 1 1/2 tps 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
Saturated	4g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	33g
Fiber	14g
Sugar	3g



Protein	22g
Sodium	265mg
Potassium	987mg
Vitamin A	1907IU
Vitamin C	33mg
Calcium	140mg
Iron	6mg
Vitamin E	3mg
Vitamin B12	17.6µg
Magnesium	99mg
Zinc	3mg