

SPICED EGG SKILLET

Prep Time: 3 minutes

Cook Time: 12 minutes

Included in Box:

- 1 c. canned low sodium diced tomatoes
- ½ c. canned no salt kidney or black beans, drained and rinsed

Additional Ingredients Needed:

- 2 eggs
- 1 small onion (~½ c.), finely chopped
- 1 tsp garlic powder
- 1 tsp chili powder
- ¼ tsp ground cumin

Directions:

1. Add onion and ¼ c. water to small skillet over medium-high heat; cook until translucent (3-4 minutes).
2. Add diced tomatoes, beans and seasonings to pan and mix; cook for 3-4 minutes over medium heat. Add additional water if dry.
3. Break eggs into pan, without cracking yolks and making sure they do not touch. Continue cooking for 4-5 minutes, or until desired consistency is reached.



Nutrition Facts*

Total Servings: 1
Serving Size: 2 eggs
Calories: 350
Fat: 8 g
Sodium: 415 mg
Carbohydrates: 42 g
Fiber: 14 g
Protein: 22 g
Carbohydrate Servings: 3

**Nutrient facts include canned no salt added diced tomatoes, canned 50% less sodium kidney beans, 2 large brown eggs, 1 small white onion, and spices.*