Black Bean Breakfast

Ingredients

2 tablespoons olive oil
4 eggs, beaten
1 (15 ounce) can black beans, drained and rinsed
1 avocado, peeled and sliced
1/4 cup salsa
Salt and ground black pepper to taste.

Directions

1. Heat olive oil in a small pan over medium heat. Add eggs, cook and stir until eggs are set (3 to 5 minutes).
2. Place black beans in a microwave-safe bowl. Heat on high in the microwave until warm, for about 1 minute.
3. Divide warmed black beans between two bowls.
4. Top each bowl with scrambled eggs, avocado, and salsa. Season with salt and black pepper.

Makes 10 servings

Nutrition information per serving (2 tablespoons):
92 calories, 4g fat, 3g protein