

# Black Bean Breakfast Tostada

4 Servings • 1 Serving = 1 Tostada



## INGREDIENTS

- 1 Tablespoon olive oil
- 4 cloves of garlic, minced
- 1 (15 ounce) can of black beans, no salt added
- ¼ cup water
- 1/8 teaspoon salt
- ¼ teaspoon ground chipotle pepper
- 4 large eggs
- ¼ cup low-fat milk
- 4 baked tostadas
- ¼ cup red onion, chopped
- 2 Tablespoons cilantro
- ½ cup plain nonfat Greek yogurt

## DIRECTIONS

1. Heat oil in a large skillet over medium heat. Add garlic and cook until golden.
2. Add the black beans, water, salt, and chipotle pepper to the skillet.
3. Mash the mixture with a fork to get a thick consistency. Keep warm and set aside.
4. Beat eggs and milk in a large bowl. Cook egg and milk mixture in the skillet until fully cooked.
5. Spread ¼ cup of the bean mixture onto a tostada. Place ¼ of the scrambled egg on top, and garnish with onion, cilantro, and a dollop of yogurt.

## Nutrition Facts

4 servings per container  
Serving size 1 Tostada

Amount per serving  
**Calories 280**

% Daily Value\*

Total Fat 11g 14%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 165mg 55%

Sodium 380mg 17%

Total Carbohydrate 30g 11%

Dietary Fiber 8g 29%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 16g

Vitamin D 1mcg 6%

Calcium 129mg 10%

Iron 3mg 15%

Potassium 509mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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