

RECIPE

Savory Breakfast Bowl

🕒 10 minutes / 1 serving

GIVE YOUR SCRAMBLED

EGGS an upgrade! This bowl packs extra protein with black beans and crumbled feta, and sneaks in a couple of servings of veggies too.

INGREDIENTS

- 2 eggs
- ¾ cup egg whites
- Salt and pepper to taste
- 2 cups chopped, stemmed spinach
- ¾ cup canned black beans, rinsed
- 1 tsp extra-virgin olive oil
- ½ red bell pepper, finely chopped
- 2 tbsp salsa
- 1 tbsp crumbled feta



INSTRUCTIONS

- 1 WHISK** eggs and egg whites in a medium bowl. Season with salt and pepper.
- 2 PLACE** spinach and beans in a medium microwave-safe bowl, cover, and microwave on high until spinach wilts, stirring once, 1-2 minutes; season.
- 3 HEAT** oil in a small nonstick skillet over medium. Add bell pepper and cook until softened, about 2 minutes. Add eggs and stir until just set.
- 4 SPOON** eggs over spinach mixture.
- 5 TOP** with salsa and feta.

NUTRITIONAL INFO PER SERVING

CALORIES

349

PROTEIN

29 g

FIBER

7 g

CALCIUM

220 g