



Black Bean Breakfast Tostada

4 Servings • 1 Serving = 1 Tostada

Tips on Onions



How To Store

Store in a dry, dark place for up to 1 month. Don't store alongside potatoes.



How To Use

Slice fresh into salads or sauté onions & add to rice or main dishes.



Health Benefits

Promotes heart health by aiding cholesterol levels & lowers risk of some cancers.

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

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

Nutrition Facts

4 servings per container
Serving size 1 tostada (229g)

Amount per serving
Calories 290

% Daily Value*

Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 190mg	63%
Sodium 390mg	17%
Total Carbohydrate 30g	11%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 1mcg	6%
Calcium 133mg	10%
Iron 3mg	15%
Potassium 519mg	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.



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