

Southwest Scrambled Eggs

Southwest Scrambled Eggs is the perfect last-minute meal idea for a delicious protein-packed brunch or dinner. This recipe delivers a cheesy skillet full of flavors, and perfect for all those egg lovers! Eat this meal as it is, or use it as a base for breakfast burritos or quesadillas!

Yield: 4 servings

Serving Size: 1/4 of the mixture

Ingredients:

- 8 large eggs
- 1/4 cup low-fat or skim milk
- 1 tsp cumin
- salt + pepper to taste
- 1 Tbsp butter, unsalted
- 1 (15 oz. can) pinto beans, no salt
- 1 (4 oz. can) diced green chiles
- 4 oz. cheese, cheddar
- 2 green onions, sliced thin
- 1 small tomato, chopped small

Instructions:

1. Rinse and drain the can of beans in a colander and set aside.
2. In a large bowl, combine eggs, milk, cumin, and a pinch of salt and pepper. Whisk until combined.
3. Heat a large skillet over medium-low heat. Once hot, add the butter and swirl around the pan to coat. Pour the whisked eggs into the skillet and gently scramble them with a spatula as they begin to set.
4. When the eggs are about 75% set, add the drained beans and chopped green chiles.
5. Gently fold the beans and chiles into the scrambled eggs. Then, top with cheddar cheese.
6. Place a lid on the skillet for 5 minutes, or until the eggs are fully set and the cheese on top is melted.
7. Top the eggs with the fresh tomato and green onion right before serving.

Per Serving: Calories 365 kcal, Carbohydrates 16.9 g, Protein 23.8 g, Sat Fat 10.4 g, Sodium 470.8 mg, Added Sugars 0g

This recipe was taken from <https://www.budgetbytes.com/ultimate-southwest-scrambled-eggs/>