



HUEVOS RANCHEROS

PREP TIME: 5 minutes

SERVING SIZE: 1 bowl

COOK TIME: 5 minutes

SERVES: 1

INGREDIENTS

- 1 whole wheat tortilla
- 2 eggs
- 1 tablespoon tomato salsa
- 1 tablespoon shredded Monterrey Jack cheese
- 1 tablespoons cooked black beans (low sodium)
- 1 pinch pepper and salt

Optional: Garnish with 1 tablespoon salsa and cheese

PREPARATION

1. Line a mug or small bowl with the whole wheat tortilla.
2. Crack eggs into a small mixing bowl and whisk well. Add black beans to mixture. Add a pinch of salt and pepper to mix.
3. Pour egg mixture into the mug or bowl on top of the tortilla.
4. Top with salsa and cheese.
5. Microwave mixture on high for 1-2 minutes, until eggs have puffed up and are cooked through.
6. Cool for 1-2 minutes before serving.
7. Garnish with optional toppings if desired.

SOURCE

www.ebtshopper.com

Recipe modified by CHOICES Nutrition Education Program

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www.centraltexasfoodbank.org/recipes



Nutrition Facts

servings per container	
Serving size	1 bowl
Amount per serving	
Calories	330
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 380mg	127%
Sodium 550mg	24%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 2mcg	10%
Calcium 229mg	20%
Iron 3mg	15%
Potassium 352mg	8%

*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.



This institution is an equal opportunity provider. Rev 2/19
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PLÁTANO EN UNA MANTA

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1 blanket

TIEMPO PARA COCINAR: x minutos

PORCIONES: 1

INGREDIENTES

- ½ (6 pulgadas) tortilla de trigo integral
- 1 cucharada mantequilla de cacahuete reducida de grasa
- ½ plátano mediano
- 1 cucharadita jarabe de arce o miel
- 1 cucharada cereal crujiente de pepita de nuez o granola

PREPARACIÓN

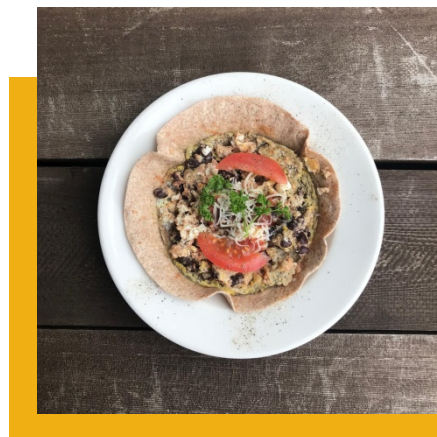
1. Coloque tortilla sobre un plato. Esparcir la mantequilla de cacahuete lisamente sobre la tortilla. Rociar el cereal sobre la mantequilla de cacahuete.
2. Pelar y colocar el plátano sobre la tortilla y enrollar la tortilla. Lloviznar encima con el jarabe de arce o miel.
3. *Opcional:* Adornar encima con más cereal.

FUENTE (O ADAPTADA DE)

fruitsandveggiesmorematters.org

Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas! www.central



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