

# Black Bean Chilaquiles

*Chilaquiles* is a traditional Mexican breakfast dish in which crisp tortillas are simmered in salsa or mole sauce and then combined with eggs, queso fresco (fresh Mexican cheese), and beans. In this version, fresh tomato, cilantro, and jalapeño add more flavor. For a spicier dish, leave in the jalapeño seeds.

## Ingredients

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 **Servings** 4 **Serving Size** 3/4 cup

6 large egg whites

2 large eggs

1/4 teaspoon salt

3 6-inch corn tortillas, stacked, cut into 3/4-inch strips, then cut crosswise into 1-inch squares

1/2 cup crumbled queso fresco or farmer's cheese and 1/4 cup crumbled queso fresco or farmer's cheese, divided use

3/4 cup canned no-salt-added black beans, rinsed and drained

1 teaspoon chipotle powder

2 teaspoons canola oil

1/2 cup chopped onion


1 medium jalapeño, seeds and ribs discarded if desired, chopped

1 1/2 cups chopped seeded tomatoes

1/3 cup chopped fresh cilantro

## Directions

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 **Tip:** Click on step to mark as complete.

In a large bowl, using a fork, lightly beat the egg whites, eggs, and salt. Stir in the tortilla squares and 1/2 cup queso fresco.

In a small bowl, stir together the beans and chipotle powder. Fold into the egg white mixture. Set aside so the tortillas can soften.

In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the onion and jalapeño for 3 minutes, stirring occasionally.

Stir the tomatoes into the egg white mixture. Pour into the skillet. Cook for 4 to 5 minutes, or until the eggs are set, stirring occasionally. Just before serving, sprinkle with the cilantro and the remaining 1/4 cup queso fresco.


Quick Tips



**Cooking Tip:** An easy way to chop cilantro is to pull the leaves off the stems, put them in a custard cup or measuring cup, and coarsely snip them with sharp kitchen shears. This method also works well for other herbs, such as parsley and basil.

 Calories

235 Per Serving

 Protein

18g Per Serving

 Fiber

4g Per Serving

## Nutrition Facts

<b>Calories</b>	235
<b>Total Fat</b>	9.0 g
Saturated Fat	3.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	3.5 g
<b>Cholesterol</b>	108 mg
<b>Sodium</b>	345 mg
<b>Total Carbohydrate</b>	20 g
Dietary Fiber	4 g
Sugars	5 g
<b>Protein</b>	18 g

### Dietary Exchanges

1 starch, 1 vegetable, 2 1/2 lean meat