

# Traditional Food Recipe

## Breakfast Bowl with Beans, Eggs and Avocado



INTER TRIBAL COUNCIL OF ARIZONA, INC.

Recipe courtesy of Tucson CSA, [www.tucsoncsa.org/recipes/](http://www.tucsoncsa.org/recipes/), adapted from Eggs, beans and greens breakfast bowl submitted by Norma Mendoza-Denton

## Ingredients:

- 1 cup cooked tepany beans
- 3 **eggs** (or 5 egg whites)
- 1/4 cup chopped **white or yellow onions**
- 2 handfuls washed **greens (spinach, kale, or mixed)**
- 1 tsp oil (olive or vegetable)
- 1 small **avocado** sliced
- 1 small fresh **tomato** chopped
- 1 tsp chopped fresh **cilantro**

 Foods in **pink** can be purchased with WIC benefits

 Traditional foods are underlined

## Directions:

Servings: 2

- Reheat cooked tepany beans in broth or water until warm.
- Heat oil in a wide skillet.
- Add **onion** and stir fry until light brown, ~5-10 min.
- Add **greens** to **onion** and cook briefly until **greens** are almost fully wilted.
- Add **eggs** to skillet and scramble with the **greens**.

## Serving:

- Divide scrambled **eggs** and **greens** into two bowls.
- Add an equal amount of beans on top of the **egg** mixture in each bowl.
- Divide the chopped **tomato**, **avocado** slices and **cilantro** in half and place on top of the beans and egg in each bowl.

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### Nutritional Highlights:

- Beans are a low-cost source of fiber and iron.
- The protein and fat in eggs help stabilize blood sugar.
- Spinach and kale have calcium & iron.
- Tomato has vitamin C.
- Avocado is a healthy, filling source of fat that also helps keep blood sugar stable.

### Other Preparation Ideas:

- Top with your favorite spice mixes, salsa, or hot sauce.
- Try other types of beans, wheat berries, rice, lentils, amaranth or quinoa.
- Add other vegetables or squash like sweet peppers, zucchini or summer squash.

