

# 5 Ways to Eat Your Eggs

## Eggs Mexicali

### Makes

6 servings

### Prep time

5 minutes

### Cook time

10 minutes

### Good Source of

Protein

Iron

Potassium

### Ingredients:

2 cups salsa

2 cups canned pinto beans with liquid

6 large eggs

6 Tbsp. shredded cheese (e.g. low-fat mozzarella, cheddar, etc.)

## Nutrition Facts

6 servings per container  
Serving size 1 cup (193g)

Amount per serving  
**Calories 190**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 190mg	<b>63%</b>
<b>Sodium</b> 580mg	<b>25%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 1mcg	6%
Calcium 123mg	10%
Iron 3mg	15%
Potassium 430mg	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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## Directions

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#### Directions:

1. In a medium skillet or pan over medium heat, combine salsa and beans with its liquid and heat until the sauce begins to boil. Lower heat to medium-low.
2. Crack one egg at a time into a bowl. Make a dent in the bubbling sauce and pour the egg into the dent. Repeat with remaining eggs.
3. Cover the pan with a lid and cook until the eggs are firm, or about 5 to 8 minutes.
4. Sprinkle the grated cheese over the entire pan. Cover and cook just until cheese melts, or about another 3 to 5 minutes.
5. Serve hot. Refrigerate any leftovers.

**Serving Suggestions:** Garnish with green onions or parsley. Serve with whole wheat toast, or whole wheat tortillas and sliced avocados.

