

Southwestern Eggs

Bacon Boys
Brasher Falls Central School; Middle School Division



2013

Ingredients:

Main Dish:

1 8 oz can	Refried Beans**
2 Tbsp	Canola Oil
½ cup	Onion, Chopped*
1	Green Bell Pepper, Large, Cut into 1 inch Pieces
4	Eggs*
¾ cup (3 oz)	Mozzarella Cheese, Low-fat, Shredded

Salsa:

1 ½ cups	Tomatoes, Diced, Canned, No Salt Added**
¼ cup	Green Onion, Sliced
¼ cup	Green Pepper, Chopped
1 Tbsp	Lime Juice
1 Tbsp	Cilantro, Fresh, Chopped
½ Tbsp	Jalapeno Peppers, Finely Chopped
¼ tsp	Salt
1 ½	Garlic Cloves, Chopped

Rice Topping:

2 cups	Brown Rice
1 ¾ cups	Water

Directions:

Salsa:

Mix the salsa ingredients together and allow to sit while the meal is prepared.

Rice Topping:

Bring water to a boil. Stir in rice. Return to a boil. Reduce heat, cover and simmer (15-20 minutes or until rice is tender and all the water is absorbed). Remove from heat and stir. Cover and let stand 5 minutes.

Main Dish:

Sauté onion and pepper in oil. Stir in refried beans and add salsa. Heat until hot. Fry eggs in a small amount of oil in a separate pan. Top the bean mixture with the rice. Add the eggs. Sprinkle on cheese. Allow to heat until cheese is melted. Plate food then garnish with chopped cilantro.

*Local Product

**Commodity (USDA) Product