



# Latin Breakfast Bowl



## Nutrition Facts

Serving Size: Per plate | Calories 460 | Protein 21g | Total Fat 13g  
Saturated Fat 3.5g | Carbs 65g | Dietary Fiber 8g | Cholesterol 0g  
Sodium 449mg

## Ingredients

### Cilantro Lime Brown Rice

Makes 4 servings

- 2 - 1/3 cups water
- 1 - 1/3 cup brown rice
- 1 tablespoon fresh lime juice

### Spicy Black Beans

- 1 teaspoon canola oil
- 2 tablespoons chopped onions
- 1 teaspoon minced garlic
- 3/4 teaspoon ground cumin
- 3/4 teaspoon ground coriander
- 3/4 teaspoon chili powder
- 1 teaspoon chopped canned chipotle peppers
- 2 tablespoons chopped tomatoes
- 1 cup canned black beans, drained and rinsed
- 1 teaspoon chopped fresh cilantro

### Ingredients for Serving

- 8 eggs
- 1/4 cup diced fresh avocado
- 1/4 cup purchased roasted tomato salsa

## Directions

### Cilantro Lime Brown Rice

Combine water and rice in sauce pan. Bring to a boil, add rice, cover and simmer on low until tender, about 40 minutes. Fluff rice and stir in lime juice and cilantro.

### Spicy Black Beans

In medium sauté pan heat the oil over medium high heat. Add the onion and cook for 5-7 minutes until onions begin to color. Add the garlic and cook for one minute. Add the spices and cook for 2 minutes. Add tomatoes and beans, cook for 10 more minutes. Finish with fresh chopped cilantro.

### Serving Instructions

Prepare the eggs in your favorite style. Use a misting bottle filled with canola oil to light mist the pan before cooking. While the eggs are cooking prepare the rest of the bowl. Place 1 cup rice and 1/4 cup beans into each the bowl. Add 2 finished eggs to each bowl and top with 1 tablespoon avocado and 1 tablespoon salsa.

## Nutrition Highlights

- Using gluten-free brown rice in place of white rice increases the fiber of this dish
- Canned beans are an easy way to increase the fiber of any dish. Be sure to rinse canned beans thoroughly to remove excess sodium. About 85% of the calories in an avocado come from fat; however, avocados are full of heart healthy monounsaturated fats that help keep inflammation under control.