

Black Bean Breakfast Burrito

Yield: 6 burritos

- 3 medium sweet potatoes
- 6 whole wheat tortillas
- 1-15oz can black beans, rinsed and drained
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- 8 eggs
- Toppings such as an avocado, shredded cheese, and salsa

Wash the potato. Carefully poke small holes in it using a fork. Wrap the potato with a damp paper towel, place on a plate, and microwave for 6 minutes, flipping the potato half way through cooking. Remove the potato skins and place in a bowl. Mash with a fork. In a separate bowl, add black beans and spices. In a separate bowl, beat eggs together. Scramble eggs in a nonstick skillet over medium-low heat. To assemble burritos, spread mashed sweet potato on each tortilla and evenly distribute beans, eggs, and toppings.

Adapted from allrecipes.com



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