

Have A Plant® Cook Along:

For Back-To-Busy Success, Here's A Plan, Have A Plant® With Eggs

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With *Corporate Hy-Vee Dietitian Jen Blaser, RD, LD*

Sponsored by [Egg Nutrition Center](#)

Shopping List

- 14 Large eggs
- 1 small white onion
- 2 red bell peppers
- 2 Jalapeño peppers
- 1 Medium tomato
- 2 Medium avocados
- Baby spinach
- Cilantro
- 2 cans Black beans
- Milk
- Light sour cream
- Pepper jack cheese, reduced fat
- Shredded cheddar cheese
- Brown rice, cooked
- Hot sauce
- Salsa verde
- 4 ten-inch whole wheat tortillas
- Olive oil
- Canola oil
- Red pepper flakes
- Salt
- Black pepper

Egg & Veggie Breakfast Burritos

Ingredients

- 2 Tbsp. Canola oil
- 1 Small white onion, chopped
- 1 Medium red pepper, seeded and diced
- ¼ cup Jalapeño, seeded and diced
- 2 cups Black beans, cooked
- ¼ tsp. Red pepper flakes
- As needed Salt
- As needed Ground black pepper
- 1 cup Brown rice, cooked
- ½ cup Cilantro
- As desired Hot sauce
- 8 Large eggs
- 4 Ten-inch whole wheat tortillas
- ½ cup Salsa verde
- 1 Medium tomato, diced
- 2 Medium avocado, cubed
- As desired Light sour cream
- As desired Pepper jack cheese, reduced fat, shredded

Instructions

1. *For the beans:* Heat the canola oil in a large nonstick skillet over medium-high heat. Cook the onions, red peppers, and jalapeño until onions are softened and peppers are slightly charred and caramelized, about 8 minutes. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.
2. *For the brown rice:* In a small bowl, mix the rice with cilantro and hot sauce, as desired. Set aside.
3. *For the eggs:* Whisk together the eggs in a small bowl. Spray a nonstick skillet with cooking spray and preheat the skillet over medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes.
4. *Assembly:* Spread each tortilla with salsa then layer with some brown rice, one-fourth of the black bean mixture, one-fourth of the scrambled eggs, some diced tomato, and one-fourth of the avocado. Top with sour cream and cheese, as desired. Roll up burrito-style.

Veggie Egg Roll-Ups

Ingredients

- 1 Tbsp. Olive oil
- ¼ cup Red bell pepper, diced
- ½ cup Baby spinach, chopped
- 6 Large eggs
- 2 Tbsp. Milk
- ½ cup Shredded cheddar cheese

Instructions

1. In a small skillet over medium heat, add oil. Sauté bell pepper until tender. Add spinach and cook until wilted. Place in a bowl.
2. Add eggs, milk, and cheese to the bowl. Whisk until combined.
3. In a medium skillet over medium heat. Spray with nonstick cooking spray. Add a quarter of the egg mixture to the skillet. Heat until cooked through, about 3-5 minutes, then carefully use a spatula to roll the egg mixture. Place on a cutting board. Repeat with the remaining mixture.
4. Allow egg rolls to cool slightly, for babies and toddlers, cut into desired size pieces.
5. Serve. Refrigerate leftovers for up to 3 days.