



Northeast Georgia Medical Center  
BARIATRIC WEIGHT LOSS CENTER



### Egg-cellent Breakfast Cups

Serves: 6 Serving Size: 1 each

#### Ingredients:

- 6 eggs
- 1/3 cup black beans, rinsed, strained
- ¾ cup reduced fat shredded cheese
- ½ tsp salt
- ¼ tsp black pepper
- 1/3 cup salsa or pico de gallo
- 1/3 cup diced avocados

Adapted from [www.getfreshcooking.com](http://www.getfreshcooking.com)



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#### Steps:

1. Preheat oven to 450°F. Spray two 6-cup muffin tins with nonstick spray and set aside.
2. Place 1 Tbsp of beans and 1 Tbsp onion in each cup.
3. Crack 1 egg into each cup.
4. Bake for about 15 minutes or until egg is cooked to 160°F.
5. Remove from oven. Top each cup with 2 Tbsp of cheese and place back in the oven for a few seconds to melt cheese.
6. Remove from the oven and top with 1 Tbsp of salsa and 1 Tbsp of avocado.

#### Nutrition Facts (per serving):

Calories: 173, Protein: 13g, Fat: 9g, Saturated Fat: 3.2g, Carbohydrates: 9g,  
Sugars: 0g, Sodium: 462 mg