Huevos Rancheros

A classic Mexican breakfast, traditional huevos rancheros (translated as “rancher’s eggs” or “country-style eggs”) are fried eggs served on hot corn tortillas and smothered in cooked salsa. When you cut into this healthier version, the yolks of the sunny-side-up eggs meld deliciously with the mild salsa, hearty beans, melted cheese, and creamy avocado.

Ingredients

Servings 4 **Serving Size** 1 egg, 1 tortilla, ¼ cup beans, 1/3 cup salsa plus toppings

Salsa Ingredients

- 1 teaspoon canola oil (or)
  OR
- 1 teaspoon corn oil
- 1/2 cup diced yellow onion (1 small)
- 1/2 cup diced poblano pepper (1 large), seeds and ribs discarded
- 1 small fresh jalapeño pepper (seeds and ribs discarded, minced)
- 1 1/2 teaspoons minced garlic
- 1 14.5-ounce can no-salt-added crushed tomatoes (fire-roasted preferred)
- 2 tablespoons water
- 1/4 teaspoon salt

Huevos Rancheros Ingredients

- 1 teaspoon canola oil (or)
  OR
- 1 teaspoon corn oil
- 4 large eggs
- 4 6-inch corn tortillas (warm)
- 1 15.5-ounce can no-salt-added black beans (rinsed, drained)
- 1/4 cup shredded low-fat 4-cheese Mexican blend
- 1 small avocado (quartered, sliced)
- 2 tablespoons chopped, fresh cilantro (optional)
- 1 medium lime (cut into 4 wedges, optional)

Directions

Tip: Click on step to mark as complete.

1. In a medium saucepan, heat 1 teaspoon oil over medium heat, swirling to coat the bottom. Cook the onion for 2 minutes, or until almost soft, stirring frequently. Cook the poblano and jalapeño peppers for 2 minutes, stirring frequently. Stir in the garlic. Cook for 1 minute. Stir in the tomatoes, water, and salt. Bring to a boil. Reduce the heat to low. Simmer for 5 minutes. Remove from the heat. Cover to keep warm.
2. In a medium nonstick skillet, heat the remaining 1 teaspoon oil over medium heat, swirling to coat the bottom. Cook the eggs for 3 to 4 minutes, or until the whites are set and the edges are fully cooked.
3. Place a tortilla on each plate. Top each tortilla with the beans and an egg. Being careful not to break the yolk, gently top each egg with the warm salsa, cheese, and avocado slices.

4. Sprinkle each serving with the cilantro. Serve with a lime wedge.

Quick Tips

Cooking Tip: Handling Hot Chiles: Hot chiles contain oils that can burn your skin, lips, and eyes. Wear disposable gloves or wash your hands thoroughly with warm, soapy water immediately after handling hot chiles. Examples of hot chiles are Anaheim, ancho, bhut jolokia (ghost), cascabel, cayenne, cherry, chipotle, habanero, Hungarian wax, jalapeño, poblano, Scotch bonnet, serrano, and Thai. A rule of thumb is that the smaller the pepper, the hotter it is.

Nutrition Facts

Huevos Rancheros

Calories

334 Per Serving

Protein

17g Per Serving

Fiber

10g Per Serving

Nutrition Facts

Calories	334
Total Fat	13.5 g
Saturated Fat	3.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	7.5 g
Cholesterol	174 mg
Sodium	309 mg
Total Carbohydrate	37 g
Dietary Fiber	10 g
Sugars	9 g
Added Sugars	0 g
Protein	17 g

Dietary Exchanges
1 1/2 starch, 3 vegetable, 2 lean meat, 1 fat