



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Veggie Breakfast Bowl

Serves 2

Ingredients:

- 2 teaspoons olive oil
- 2 small red potatoes, diced
- ½ medium sweet onion, peeled and diced
- ½ medium red or green bell pepper, diced
- 1 cup canned black beans, rinsed and drained
- 1 teaspoon garlic powder
- 2 eggs (optional)
- ¼ cup shredded light cheddar cheese (such as Cabot Sharp Light Cheddar Cheese)

Directions:

1. Heat the oil in a large skillet over medium heat. Sauté the potatoes, onions and peppers until all the vegetables have lightly browned and are tender, about 10 minutes. Stir in the black beans and cook for 5 minutes more.
2. Optional – make a well in the vegetable mixture and add the eggs and cook over easy. Remove the eggs.
3. Sprinkle the cheese over the mixture, cover the skillet and let the cheese melt, about 2 minutes. Divide between two bowls and serve at once and top with egg (if desired).