Huevos Rancheros

**Prep Time:** 15 min.  **Cook Time:** 10 min.  **Yield:** 3

**Ingredients:**

**GARNISH**
1. Prepare all the following ingredients:
   - 1 green onion, thinly sliced
   - ¼ green cabbage, thinly sliced
   - 5 sprigs of cilantro, minced
2. Mix the following ingredients together.
   - 3 dollops of sour cream
   - juice of 1 lime
   - 1 pinch of chili powder
   - 1/3 of a large avocado, mashed

**SAUCES**
2. Prepare 4 microwaveable bowls.
3. In the first bowl, mix the next three ingredients:
   - ¼ can of refried beans
   - 3 tablespoons of water
   - 1 pinch of salt
4. In the remaining 3 bowls, add these ingredients, separately:
   - ¼ can of black beans
   - ½ cup Enchilada Sauce
   - ½ cup jarred salsa
5. Microwave all 4 bowls for 2 minutes.

**TORTILLAS & EGGS**
- 6 corn tortillas (taco-sized)
- 1/2 cup Mexican cheese
- 3 Tbsp. Vegetable oil (or water and vinegar for poaching)

Eggs are inexpensive sources of high quality protein – containing all 8 essential amino acids, B, A, D, E, and K vitamins.

Protein is important for creating structure in muscle tissue, regulates many aspects of energy metabolism, and can
➢ 3 eggs
➢ salt

6. Toast 2 of the tortillas on low, in a dry pan.
7. Sprinkle cheese on one as it toasts.
8. Place the second tortilla on top.
9. Repeat with the rest of the tortillas, creating 3 quesadillas.
10. Cook the eggs to your liking. Add a pinch of salt to each egg.
11. To a plate, add:
   - 2 spoonfuls of enchilada sauce
   - cabbage
   - 1 quesadilla
   - Refried beans
   - More Enchilada Sauce
   - 1 egg
   - Prepared salsa
   - Black beans
   - Garnish with green onions, cilantro, and sour cream mixture
   - More Hot sauce if you like spicy