**Huevos Rancheros**

**Ingredients:**

- 1 low-carb wrap/tortilla
- 1/4 cup black beans, un-rinsed
- 1/2 tsp cumin
- 1/2 tsp salt
- 1 clove garlic, peeled and chopped
- 5 egg whites
- 2 tbsp salsa
- 1 oz. avocado, sliced
- 2 tbsp plain Greek yogurt
- 1/4 cup low fat cheddar cheese
- Crushed red pepper, to taste

**Directions:**

Preheat oven to 350 degrees Fahrenheit.

Prepare black bean pureé: add black beans, cumin, garlic and salt into small food processor; pulse until pureéd and pour into a pot over medium heat.

Meanwhile, place wrap in the oven on baking pan and cook for 5 minutes on each side.

Pour egg whites onto skillet over medium heat. Sprinkle cheese over half of the eggs and flip the other side once the omelet sets.

Prepare the dish by spreading the black bean puree over the wrap and slide omelet on top.

Garnish with salsa, yogurt, avocado and crushed red pepper.