

Cooking Corner

Taste—And Good Health—Get A Spot At The Breakfast Table

(NAPSA)—Breakfast is considered the most important meal of the day—it is energizing and is linked to many health benefits. According to a recent survey, when it comes to breakfast preferences, more than 75 percent of consumers prefer a hot versus cold breakfast, and more than 57 percent list eggs as one of their top hot breakfast choices.

The No. 1 reason Americans say they love eggs is great taste, but due to health concerns, 40 percent of Americans say they only eat eggs once a week. Fortunately, there is a way for consumers to enjoy a hot breakfast with the great taste of eggs while cutting cholesterol, fat and calories.

Egg Beaters® with Yolk is made from real eggs with a touch of yolk to provide the flavor so many Americans crave. Yet it has 70 percent less fat, 75 percent less cholesterol and 45 percent fewer calories than shell eggs.

Not only is Egg Beaters with Yolk a healthier option, it is also more convenient than shell eggs and provides a way for busy families to enjoy a healthy and quick hot breakfast together. Eight out of 10 Americans say eating breakfast as a family is a good way to connect, but they only have the time to eat together once or twice a week. Egg Beaters with Yolk is the perfect way to reclaim family time by providing a breakfast option that is tasty, healthy and easy to prepare.

Try this flavorful White Bean and Salsa Huevos Rancheros breakfast scramble made with Egg Beaters with Yolk, served in warm white corn tortillas and topped with a spicy, homemade salsa and queso fresco cheese.



White Bean and Salsa Huevos Rancheros is a delicious, healthful dish with just four grams of saturated fat.

White Bean and Salsa Huevos Rancheros

- 1 can (10 oz. each) Ro*Tel® Original Diced Tomatoes & Green Chilies, drained
- ¾ cup chopped red onion, divided
- 2 Tbsp chopped fresh cilantro, divided
- 1 Tbsp red wine vinegar
- 1 tsp fresh lime juice
- ¼ tsp honey
- 1 Tbsp Pure Wesson® Canola Oil
- 4 slices turkey bacon, cut into bite-size pieces
- 1 can (15 oz. each) cannellini beans, drained, rinsed
- 1 cup Egg Beaters® with Yolk
- ½ tsp ground black pepper
- 10 white corn tortillas (6 inch), warmed
- ½ cup crumbled queso fresco cheese

1. Prepare salsa by combining drained tomatoes, ¼ cup of onion, 1 Tbsp of cilantro, vine-

gar, lime juice and honey in medium bowl; set aside.

2. Heat oil in large nonstick skillet over medium-high heat. When hot, add turkey bacon and remaining onion. Cook 4 to 5 minutes or until bacon is cooked and onion is tender. Stir in beans and remaining cilantro; heat through.

3. Add Egg Beaters with Yolk and pepper. Cook without stirring until edges and bottom begin to set, about 2 minutes. Lift cooked part and gently turn to scramble. Continue cooking until Egg Beaters with Yolk is set.

4. Fill each warm tortilla with about ¼ cup Egg Beaters with Yolk mixture, 1 Tbsp salsa and 2 teaspoons cheese. Serve immediately.

Nutrition (per serving): Calories 290; Total fat 11 g; Saturated fat 4 g; Trans fat 0 g; Cholesterol 55 mg; Sodium 647 mg

For more information, visit www.eggbeaters.com.