

THINKING OUTSIDE THE BOX

HUEVOS, BEANS AND TORTILLAS WITH MOLE SAUCE



Omega-3 fatty acids are an essential fat that are needed to survive and that your body cannot make on its own. Which means you must get it from your diet or via supplements. Studies show substantial health benefits of omega-3 fatty acids like reducing the risks for heart disease and blood clots, by keeping the lining of your arteries smooth which makes it harder for plaque to form

Often, fish and certain oils are suggested as good sources of omega-3 fatty acids, and they are, but they are not your only option. Many foods can be fortified with omega-3s like milk and eggs. Omega-3-enriched eggs have been found to have five times the amount of omega-3 than conventional eggs. Omega-3-enriched eggs come from chickens whose diet is high in omega-3 sources like flax seeds.

Knowing there are multiple sources of this essential fat provides some flexibility in how you plan your diet. Eggs are an economical source and often are already in your regular grocery trip. Eggs contain many of the nutrients you need and can easily be added into your regular meals. This dish of Huevos, Beans and Tortillas with a Mole sauce helps you with consuming omega-3 acids, when using omega-3-rich eggs, and teaches you one way to make mole sauce.

Mole sauce is a popular sauce in Mexican cuisine and one of the more representative dishes. There are several different types of mole sauce and ones each region favors but each type is commonly used on chicken, rice, stews, turkey, enchiladas, eggs and more. Consider using this same method of creating mole and try it with chicken this week for a different flavor profile than you may be used to.

This recipe calls for reduced sodium refried beans, if fat is a nutrition concern for you, opt for fat free refried beans and use another meal during your day to pick lower sodium options to help keep your diet balanced. This meal is balanced out by serving it alongside a garden salad and yogurt topped with a bit of fresh fruit like berries.

MACROS / SERVING SIZE:

Protein 18 g | Fat 17 g | Carbs 41 g

% CALORIES OF MACROS / SERVING SIZE:

Calories 388 | Protein 19 % | Fat 39 % | Carbs 42 %

NUTRIENT / SERVING SIZE:

Fiber 4 g | Sodium 926 mg | Sat. Fat 6 g

INGREDIENTS (Serves 4)

- 14 oz. cans of diced tomatoes with green chiles
- 14oz. can of diced green chiles (drained)
- 1/2 tsp. garlic powder or 1 garlic clove
- 4 8-in. flour tortillas
- 1 cup reduced sodium refried beans
- 8 eggs
- 2 tbsp water
- 1/4 cup dark chocolate chips
- 1/4 cup low-sodium chicken broth
- 1/4 tsp. of chili powder

DIETITIAN TIP

Labels for food such as breakfast, lunch or dinner foods are nothing more than society labels. There is nothing wrong with eating any type of food such as eggs for dinner or stir-fry for breakfast. Just aim to make nutritious choices for your meals and prepare more meals at home with the items you have on hand and remove the "type of food for meals" mentality.

DIRECTIONS: Pre-heat oven to 350 degrees

1. Empty diced tomatoes with green chilies and can of diced green chilies (drained) into a blender or food processor. Add garlic powder and chili powder (optional). Blend the mixture using the "chop" or "mix" setting until it is slightly chunky.
2. Spray a baking sheet with non-stick cooking spray and then place 2 tortillas. Top each tortilla with a spoonful of beans and then spread the beans evenly. Top the beans with another flour tortilla and then finish off with another layer of beans. Place tortillas in the oven for 6-8 minutes or until the bottoms begin to crisp and the beans are heated through.
3. While the tortillas are in the oven, heat a frying pan to medium high heat, and spray with non-stick cooking spray. Quickly, crack 4 eggs into the pan (be careful not to break the yolks) and then quickly add 2 tbsp. of water and 2 tbsp. of the tomato mixture; cover the pan tightly to let the liquid steam the eggs. Cook until the whites are set and the yolks are still a little runny (for about 1 minute). Gently slide the eggs onto a plate. (It's okay if the eggs are stuck together because they can be easily divided by cutting.) Repeat with 4 remaining eggs.
4. In a microwave safe dish, warm the remaining tomato mixture 1 minute and set aside.
5. In a small sauce pan, combine dark chocolate, broth, and chili powder. Cook on medium-low heat, stirring constantly until the chocolate is melted.
6. To serve, place 1 tortilla on a plate, topped with 1/2 cup of the tomato and green chilies sauce, and 2 eggs. Drizzle 1-2 tbsp. of the chocolate mole sauce on top of the eggs. Serve a garden salad or a bowl of fruit topped with yogurt on the side.



A list of recipes on [commissaries.com/healthy living](https://www.commissaries.com/healthy-living) also has nutrition education.