BeWell recipe of the month:

Easy Breakfast Bowl

From the kitchen of Lorran Ogden Bronnar, Special Events Manager, Iris & B. Gerald Cantor Center for Visual Arts

Ingredients:

- 1/2 cup of chopped vegetables
- 2 tablespoons water
- 1 can of beans
- 1 fresh egg
- 1/4 cup grated cheese

*Today I used black beans, 1/3 of a medium zucchini, an egg from my Rhode Island Red Layla, and cheddar cheese.*

Directions:

1. Chop veggies and place in a bowl of water, microwave for 1 minute, drain.
2. Rinse canned beans, drain and remove some of the sodium and natural elements that cause gas
3. Scramble egg and stir into veggies and beans
4. Microwave for 1 minute (or until desired tenderness of veggies is reached and egg is cooked)
5. Stir and allow to cool for a minute, top with cheese

*There are numerous variations:*  
Fresh poblano chili, refried beans, egg, jack cheese  
Red bell pepper, spinach, black beans, egg, crumbled feta  
Mushrooms, tomato, Italian parsley, white cannelloni beans, egg, parmesan  
Simple whole pinto beans, egg, Mexican cheese  
Fresh bean sprouts, carrot, frozen shelled soy beans, egg