FEATURE RECIPE

BLACK BEAN BREAKFAST CASSEROLE

Bursting with protein-rich pulses, energizing potatoes and vibrant veggies, this one-pan wonder will be your new breakfast favourite!

Prep Time: 15 minutes
Cook Time: 15 minutes

Makes: 8 servings

Ingredients

Casserole
2 Tbsp (30 mL) canola oil, divided
1 medium yellow onion, finely diced
2-4 cloves garlic, minced
1 can (14 oz/398 mL) no salt added black beans, drained & rinsed (yields 1 1/4 cup/300 mL cooked beans)
3/4 cup (175 mL) frozen corn, thawed
Large handful baby spinach
2 medium yellow potatoes, grated, rinsed & squeezed dry
8 large eggs
1 cup (250 mL) aged white cheddar cheese, grated
Salt & pepper to taste

Topping
1 handful cilantro, chopped
1 cup (250 mL) Roma tomatoes, finely chopped

NUTRIENTS PER SERVING (1/8 of casserole)
250 Calories, 14 g Fat,
5 g Saturated Fat,
199 mg Cholesterol,
16 g Carbohydrate,
3.5 g Fibre, 2 g Sugars,
14.5 g Protein,
212 mg Sodium,
392 mg Potassium,
2 mg Iron

Directions

1. Preheat oven to 350°F (180°C).

2. Heat a large cast iron skillet with half the oil over medium heat. Add onions and cook until soft, about 3 minutes and then add garlic and cook for 30 seconds. Add black beans and corn, and cook for 2 minutes. Finally, add the spinach and cook for 1 minute until wilted. Season with salt and pepper. Remove vegetables from the pan to a bowl and set aside.

3. Add remaining oil and grated potato to the skillet. Cook for 3 minutes until the potato is soft and begins to brown, then flatten and press the potatoes into the base of the skillet to make the bottom crust. Spread cooked vegetables evenly over the top of the potato crust.

4. In a bowl, scramble the eggs with a fork and pour over vegetables, tilting the pan to spread the eggs evenly over the top. Season with salt and pepper to taste. Sprinkle grated cheese over the top and bake in preheated oven for 10-15 minutes until eggs are cooked and cheese is browned. Remove from oven and let stand for 10 minutes. Garnish with tomatoes and cilantro, cut into portions and enjoy!