

Shrimp & Bean Omelette

From

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Ingredients:

1cup GOYA® Black Beans, dry
2tbsp. GOYA® Extra Virgin Olive Oil
¼cup scallions, thinly sliced
1tbsp.GOYA® Minced Garlic, or 6 cloves garlic, peeled and minced
¼tsp. cayenne pepper
½cup tomato, chopped
3tbsp.cilantro, minced
GOYA® Adobo All-Purpose Seasoning with Pepper, as needed
8 eggs, large
2tbsp. butter
1cup Jack cheese, grated
GOYA® Salsa Verde, for garnish
1 avocado, diced

Instructions:

- Prepare beans according to package directions; chill/store in cooking liquid
- Drain beans in strainer; discard liquid.
- In medium skillet, heat olive oil until shimmering, about one minute. Add scallions, garlic and cayenne pepper, and sauté until fragrant, about one minute more; add tomato, beans and cilantro, and cook until liquid evaporates.
- Season with Adobo to taste. Set aside, and keep warm.
- In medium mixing bowl, beat eggs with Adobo (about ¼ teaspoon or to taste).
- Heat 8" skillet over medium-low heat; add ¼ butter and ¼ egg mixture. As eggs set, lift edges, letting uncooked portion flow underneath.
- When eggs are nearly set, spread ¼ bean mixture over one side; sprinkle with ¼ cup cheese.
- Fold eggs over filling; cover, and let stand one minute or until cheese is melted. Repeat for remaining portions of butter, egg mixture, bean mixture and cheese.
- Serve with dollops of salsa and avocado.