



Spin Your Own Axis

Sunnyside up with Frijoles

Eggs are a common ingredient used in almost everyone's breakfast meals. With a variety of ways to prepare them they become a favorite. In this recipe Sunnyside up eggs is the main character giving this dish a tasty win to help complement so refried beans and bacon on the side.



- **Prep Time:** 10 minutes
- **Cook Time:** 15 minutes
- **Total Time:** 25 minutes
- **Serving:** 1

Ingredients

- 2 Large brown eggs
- 1tbsp butter
- 90g Refried Jalapeno Black Beans (trader joes)
- 2 slice uncured turkey bacon
- 50g bell peppers

Instructions

1. Heat a large pan over medium-low heat. Add approximately 1/2 teaspoon of water into the heated pan. If water evaporates on the pan, it means that pan is hot enough to hold the eggs in the right form.
2. Add tablespoon of butter. You don't need a large amount of oil (fat) to fry the eggs because the pan should be non-stick and you don't want the eggs to turn out too greasy.
3. Crack the eggs gently into the pan to keep the yolks intact. Cook until the tops of the whites are set but the yolk is still runny. This will take about 3 minutes. If the oil starts to sprinkle it means you should reduce heat to low.
4. Once egg(s) are cooked, use same pan with oil to cook your bacon.
5. While bacon is on the fire, use second pan with a tablespoon of olive oil, add chopped bell peppers first, then begin to refry your can jalapeno beans for about 7-10 minutes.
6. Ready to serve.
7. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

Nutrition Facts

- **Serving Size:** 1/5
- **Calories:** 396
- **Carbohydrates:** 36g
- **Sodium:** 900mg
- **Fat:** 12g
- **Sugar:** 2g
- **Protein:** 36g
- **Iron:** 5%
- **Fiber:** 11g