



Keller's Healthy 'n Skinny Skillet

Many thanks to Martha for sharing her recipe with us! This is one of her favorites!

Ingredients:

- Medium Keller's Farmstand Poblano pepper, seeded and finely chopped
- 1 C. Keller's Farmstand sweet corn kernels (frozen, then thawed)
- ½ C. uncooked Keller's Farmstand onion
- 1 C. uncooked Keller's Farmstand zucchini, sliced and finely chopped
- ½ C. Keller's Farmstand green salsa verde (Make sure you buy extra to have enough on hand!)
- 2 tbsp. chopped cilantro
- 4 large eggs
- 1 C. canned, no-salt-added black beans, drained
- Cooking spray
- 1 tsp. ground cumin
- Pinch of Kosher salt

Directions:

1. Coat a 12-inch nonstick skillet with cooking spray and heat over medium-high.
2. Add the Poblano pepper, corn, and onion. Cook until the onion is soft, 5 – 7 minutes, stirring often.
3. Add the beans, zucchini, cumin, salt. Cook until the zucchini starts to brown, about 2 minutes, stirring often.
4. Stir in salsa.
5. Make 4 “wells” or “crater” in the vegetable mixture; add 1 egg to each well.
6. Reduce heat to medium.
7. Cook, covered, until the eggs are cooked to desired doneness (5 – 7 minutes for medium).
8. Garnish with the cilantro. If desired, serve with additional salsa, to your taste.

