

## Protein Flip™ Huevos Rancheros with Pinto Beans, Greek Yogurt & Pepitas

A bold, high-protein Mexican breakfast where eggs, beans, and warm tortillas come together under a blanket of melty cheese — finished with creamy yogurt, avocado, salsa, and the nutty crunch of roasted pepitas.

**Serves:** 4 | **Prep Time:** 10 min | **Cook Time:** 15 min | **Total Time:** 25 min

I used my Our Place Always Pan and Wonder Oven for this recipe.

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Recipe:

**Ingredients:**

4 corn tortillas  
1 tbsp olive oil  
1 jalapeño, minced (remove seeds for less heat)  
1 (15 oz) can diced tomatoes with green chiles  
½ tsp cumin  
¼ tsp salt  
¼ tsp pepper  
8 large eggs  
½ cup shredded Chihuahua or Monterey Jack cheese  
2 cups cooked pinto beans (½ cup per serving)  
½ cup nonfat plain Greek yogurt (2 tbsp per serving)  
1 avocado, sliced  
4 tbsp pepitas (1 tbsp per serving)  
Fresh salsa and cilantro, for garnish

**Directions:**

**Roast the pepitas** – Heat a dry skillet over medium heat. Add pepitas and toast, stirring frequently, until lightly golden and fragrant, about 3–4 minutes. Transfer to a plate to cool.

**Warm the tortillas** – In the same skillet or a clean dry pan, warm each tortilla for 30–60 seconds per side until pliable, or bake at 350°F (175°C) for 5–7 minutes until lightly crisped. Keep warm.

**Make the tomato-jalapeño sauce** – In a small saucepan, heat olive oil over medium heat. Add minced jalapeño and sauté for 1 minute until fragrant. Stir in diced tomatoes with green chiles, cumin, salt, and pepper. Simmer gently for 5 minutes, stirring occasionally, until slightly thickened.

**Cook the eggs** – Heat a nonstick skillet over medium heat. Crack eggs directly into the pan and cook to your preferred doneness — sunny side up, over easy, or scrambled — about 2–3 minutes for runny yolks or longer for firm.

**Assemble for oven melt** – Preheat oven to 375°F (190°C). Place tortillas on an oven-safe platter or individual oven-safe plates. Top each with ½ cup pinto beans, 2 eggs, a sprinkle of cheese (about 2 tbsp), and a generous spoonful of the tomato sauce.

**Melt and meld** – Transfer the assembled plates to the oven for 3–4 minutes, just until the cheese is melted and the flavors meld.

**Finish and serve** – Remove from oven. Add a dollop of Greek yogurt, avocado slices, and a spoonful of salsa. Sprinkle with roasted pepitas and garnish with cilantro. Serve immediately.