 **Mexican Veggie Hash**

*Serves 1*

**Ingredients**

½ cup cheese

½ cup black beans

¼ pepper, sliced

¼ onion, sliced

¼ cup greek yogurt

¼ cup salsa

**Directions**

1. Coat skillet with nonstick spray and heat on medium. Add beans, pepper, and onion and sauté.
2. Once cooked, remove from skillet and mix in ¼ cup cheese. Place in bowl.
3. Top with remaining cheese, greek yogurt, and salsa. Serve with a side of veggies or salad!

**Nutrition**

330 cals, 20g C, 28g P, 15g F