

## Quick and Easy Molletes

You will need:

4-6 baguettes, sub sandwich rolls, or Italian bread

1 can of black or refried beans

2 cups of melted, shredded cheese

(Optional) Pico de Gallo, salsa, guacamole, chorizo, or any ground meat for topping

Directions:

1. Preheat the oven to 350° Fahrenheit
- 1.5 If using ground meat, cook in a pan on the stovetop over medium heat. Break the meat up and cook until browned.
2. Cut the bread in half lengthwise and place them face up on a baking sheet. Spread refried beans evenly on top. Sprinkle with cheese.
3. Bake in oven for 8-10 minutes, or until cheese is melted and beginning to brown.
4. Add any extra toppings prepared and serve.

\*This recipe was originally found at [tablespoon.com](http://tablespoon.com) and has been adapted by Michael Harris, Jasmine Hambaro, and Matthew Biagi in conjunction with the UMass Nursing Program