



Breakfast Tacos

U.S.

8 large
1/4 cup
1/4 cup
8 each
As needed

Egg
Salsa, mild
Cheddar Cheese, shredded
Corn Tortillas, 6"
Pan Spary

Metric

8 large
120 mL
40 g
8 each
As needed

Topping Ideas (optional)

1 each
1 each
1/4 cup
1/2 cup
1 each

Avocado, mashed or diced small
Globe Tomato, diced small
Cilantro, chopped
Black or Pinto Beans, canned, drained & rinsed
Lime, cut into 8 wedges

1 each
1 each

Preparation:

1. Gather all ingredients and equipment.
2. In a medium-sized bowl, whisk eggs with a fork, then add salsa and stir to combine. You may use the salsa as a topping instead if desired.
3. Heat a medium nonstick pan over medium heat and spray with cooking spray.
4. When the pan is hot, add the eggs. Stir occasionally with a rubber spatula. If egg is turning brown, turn down heat.
5. Once egg is cooked through (not runny), turn off the heat. Sprinkle cheese on top of the egg and mix to combine and allow the cheese to melt.
6. While the egg mixture is sitting under foil, toast tortillas. This is done by using tongs to hold a tortilla over a low flame until the tortilla is lightly toasted. You may also heat a pan over medium-high heat and add the tortillas to the pan to warm them.
7. If using beans as a topping, heat a small pan over medium heat. Add the beans with 2 tablespoons of water and bring to a simmer to heat up the beans - it is ok if the water eventually evaporates off. You may also lightly mash the beans.
8. Divide the filling and toppings of choice evenly between the tortillas. Fold in half and serve immediately.

Nutrition Facts

4 Servings

Serving size **2 tacos (without toppings)**

Amount per serving

Calories **280**

Total Fat	15 q
Saturated Fat	6 q
Trans Fat	0 q
Monounsaturated Fat	4.5 q
Cholesterol	345 mg
Sodium	280 mg
Total Carbohydrate	20 q
Dietary Fiber	2 q
Total Sugars	<1 q
Includes 0g Added Sugars	
Protein	17 q
Vitamin D	10 %
Calcium	12 %
Iron	9 %
Potassium	100 mg
Phosphorus	245 mg
