

# Quick Breakfast Tacos



*A savory and filling breakfast can be put together quickly, even on busy weekday mornings! If you have more time, feel free to add additional mix-ins and toppings.*

YIELD 6 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN
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## INGREDIENTS

8 each	Eggs, large
1 cup	Salsa, mild or medium, <u>divided</u>
As Needed	Non-Stick Cooking Spray
½ cup	Black Beans, low-sodium, drained and rinsed
2 each	Green Onions, sliced
2 oz	Cheddar Cheese, shredded (about ½ cup)
12 each	Corn Tortillas, 6"
1 each	Avocado, pit and skin removed, sliced, diced, or mashed
¼ cup	Cilantro, chopped
1 each	Lime, cut into wedges

## CHEF'S NOTES

Corn tortillas are a favorite at GCCM because they are a whole grain and last forever in the refrigerator! They need to be heated just before eating which can be done a few different ways:

- Place the tortilla directly over the burner of a gas stove, over low-medium heat, using tongs to flip until just charred on the edges
- Heat a nonstick pan over high heat and heat until soft and pliable
- Wrap in foil and heat in the oven (375°) for about 5-7 minutes
- Wrap in a paper towel and microwave in 30 second intervals

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a medium mixing bowl, whisk the eggs until they are scrambled. Add ½ cup salsa and whisk to combine (the remaining ½ cup salsa will be used later as a topping).
3. Heat a large nonstick sauté pan over medium heat and spray with cooking spray once heated.
4. Add the egg mixture and stir occasionally with a rubber spatula. If the egg is browning, turn down the heat. Once eggs have begun to set, add the green onions and beans, mixing to combine.
6. Once the eggs are cooked to your liking, turn off the heat and sprinkle the cheese over, mixing to combine and allowing the cheese to melt. Set aside.
7. While the eggs are resting, heat the tortillas using one of the methods described above in the chef's notes.
8. Assemble the tacos by adding about ¼ cup egg mixture to each tortilla and top with the reserved ½ cup salsa, sliced avocado, and chopped cilantro. Serve immediately with lime wedges for squeezing.

# Nutrition Facts

6 servings per container

**Serving size 2 Tacos with toppings (229g)**

**Amount Per Serving**

**Calories 320**

**% Daily Value\***

**Total Fat** 15g **19%**

Saturated Fat 4.5g **23%**

*Trans* Fat 0g

**Cholesterol** 255mg **85%**

**Sodium** 350mg **15%**

**Total Carbohydrate** 32g **12%**

Dietary Fiber 6g **21%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 14g **28%**

Vitamin D 1.4mcg 8%

Calcium 170mg 15%

Iron 2mg 10%

Potassium 550mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, EGG

Recipe adapted from *Health meets Food*, "Breakfast Tacos" (9/18/19)



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