

Quick Breakfast Tacos

A savory and filling breakfast can be put together quickly, even on busy weeknight mornings! If you have more time, feel free to add additional mix-ins and toppings to really make it your own!

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

4 each Eggs, large
2 Tbsp Salsa, mild
2 Tbsp Cheddar Cheese, shredded
4 each Corn Tortillas, 6"
As Needed Non-Stick Cooking Spray

Optional Mix-In & Toppings:

2 Tbsp Black Beans, drained and rinsed
1 each Green Onion (Scallion), sliced
½ each Avocado, mashed or diced small
2 Tbsp Cilantro, chopped

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium bowl, place the eggs and whisk until the eggs are scrambled. Add the salsa and stir to combine (you can also save the salsa to use as a topping, 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 and stir occasionally with a rubber spatula. If the egg is browning, turn down the heat.
5. Optional Mix-In: If using black beans, add them to the pan to heat through as the eggs cook.
6. Once the eggs are cooked to your liking, turn off the heat and sprinkle the cheese, 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 dividing the egg filling and optional toppings (sliced green onion, avocado, and cilantro) evenly between the tortillas. Serve immediately.

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

Nutrition Facts

2 servings per container

Serving 2 tacos with optional mix-ins and

Size toppings (230 g)

Amount per serving

Calories 340

% Daily Value *

Total Fat 16g 21%

Saturated Fat 4g 19%

Trans Fat 0g

Cholesterol 375mg 125%

Sodium 430mg 19%

Total Carbohydrate 29g 10%

Dietary Fiber 7g 25%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 21g 42%

Vitamin D 2mcg 10%

Calcium 200mg 15%

Iron 2mg 13%

Potassium 400mg 8%

*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.

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



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