



Breakfast Tacos (Large Font)

****Multiply Recipe by 4****

U.S.

1 large	Egg
1 Tbsp	Salsa, mild
1 Tbsp	Cheddar Cheese, low-fat
2 each	Corn Tortillas, 6"
as needed	Pan Spray

Metric

1 large
16 g
7 g
2 each
as needed

Preparation:

1. Gather all ingredients and equipment.
2. In a medium-sized bowl, mix egg with a fork, then add salsa and combine.
3. Heat a small-medium pan over medium heat, spray with pan spray.
4. Once pan is hot, pour egg into hot pan. 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, cover with lid or foil and let sit for about 1 minute to melt.
6. While the egg mixture is sitting under foil, toast tortillas. This is done by gently holding the tortilla over a low flame by using tongs until tortilla is lightly toasted.
7. Place half of filling on tortilla one tortilla, fold in half and serve immediately.

Nutrition Facts

Serving size	2 tacos
Servings	1

Calories	250
Calories from Fat	130

Total Fat	15 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	176 mg
Sodium	193 mg
Carbohydrates	20 g
Dietary Fiber	2 g
Sugars	1 g
Protein	11 g
Vitamin A	22 %
Calcium	12 %
Vitamin C	0 %
Iron	5 %
Phosphorus	196 mg