



Breakfast Tacos

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

U.S.

1 large	Egg
1 Tbsp	Salsa, mild
1 Tbsp	Cheddar Cheese, shredded
2 each	Corn Tortillas, 6"
As needed	Pan Spary

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 stir to 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 using tongs to hold a tortilla over a low flame until the tortilla is lightly toasted.
7. Divide the filling evenly between the tortillas. Fold in half and serve immediately.

Nutrition Facts

1 Serving

Serving size **2 tacos**

Amount per serving

Calories **260**

Calories from Fat 140

Total Fat 15 g

 Saturated Fat 5 g

 Trans Fat 0 g

 Monounsaturated Fat 3 g

Cholesterol 180 mg

Sodium 290 mg

Total Carbohydrate 20 g

 Dietary Fiber 2 g

 Total Sugars 1 g

 Includes 0g Added Sugars

Protein 11 g

Vitamin D 0 %

Calcium 15 %

Iron 4 %

Potassium 75 mg

Phosphorus 155 mg
