



Huevos Rancheros

This breakfast recipe is a great way to incorporate vegetables into a sauce.

<u>U.S.</u>		<u>Metric</u>
2 Tbsp	Olive Oil	30 mL
1 each	Onion, julienned	1 each
1 Tbsp	Tomato Paste	16 g
2-3 cloves	Garlic, minced	2-3 cloves
1/4 tsp	Salt, Kosher	1.5 g
to taste	Black Pepper, ground	to taste
1/2 tsp	Cumin, ground	1.2 g
1/4 tsp	Cayenne or Chili Powder	0.7 g
2 each	Jalepeno, deseeded, minced	2 each
1 (15 oz) can	Diced Tomatoes, low-sodium	425 g
6 large	Eggs	6 large
6 each	Corn Tortillas	6 each
2 each	Limes, juiced	2 each
3 Tbsp	Cilantro, fresh, chopped	10 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. In a saucepot, heat over medium heat and add in 2 tablespoon of oil. Once hot, add in the onions and cook for about 4 minutes or until onions are translucent.
4. Then, add in the tomato paste, garlic and spices. Cook for another 2 minutes to caramelize paste and stir frequently.
5. Add in the jalapenos and can of tomatoes. Bring to a boil and then simmer for 5-8 minutes to allow sauce to cook reducing some of the liquid.
6. Then, transfer sauce to a skillet and place over low-medium heat.
7. Crack all 6 eggs into the skillet of sauce and do not stir. Make sure you spread out the eggs evenly when cracking.
8. Cover the skillet with aluminum foil and place in the oven for about 5-10 minutes or until eggs are fully cooked as desired, such as over easy.
9. Meanwhile, warm the tortillas in the oven or over an open flame and reserve for eggs.
10. Once eggs are cooked, remove from the oven and top with lime juice and cilantro.
11. Serve each tortilla topped with salsa and one egg. Enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1 egg with sauce 1 tortilla
Servings	6
Calories	190
Calories from Fat	90
Total Fat	9 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	165 mg
Sodium	80 mg
Carbohydrates	16 g
Dietary Fiber	2 g
Sugars	1 g
Protein	8 g
Vitamin A	8 %
Calcium	8 %
Vitamin C	20 %
Iron	8 %
Phosphorus	181 mg
