

Breakfast

Breakfast Tacos

10 Mins
Prep Time

15-20 Mins
Cook Time

4
Servings

331 Calories **17g Fat** **28g Carbs** **17g Protein**



Ingredients

4 Servings • **2 Tacos** Serving Size

25 - 30 Mins Total Time

Allergens: Corn, Egg, FODMAPs

8 Eggs

8 Corn Tortillas

½ Cup Sharp Cheddar Cheese

½ Cup Black Bean and Corn Salsa

1 Avocado, diced

Salt and Pepper, to taste

Allergen Swap

Corn Substitute whole wheat flour tortilla for corn; use corn-free salsa

Eggs Substitute eggs for tofu

FODMAPs Use onion and garlic-free salsa

Nourishment Note



Eggs

Eggs are an excellent source of protein to help the body grow new cells. They also contain lutein that may promote eye health and choline, which is important for memory.



Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals, and antioxidants to help keep your body working it's best.

Instructions

1. Coat & Heat Skillet

Evenly coat a skillet with non-stick cooking spray. Preheat skillet over medium-high heat.

2. Whisk Eggs

While the skillet is preheating, crack the eggs into a medium-sized mixing bowl and mix using a whisk.

3. Cook Eggs

Add the eggs to the hot skillet and reduce the heat to low. Allow the eggs to sit for about 1 minute.

4. Continue to Cook the Eggs

Slowly push the eggs from one side of the skillet to the other, using a heat-proof, rubber spatula. Sweep the spatula all the way around the edge of the skillet to loosen away the cooked pieces from the side.

5. Preheat Skillet

Continue to do this process until the eggs appear shiny and lumps form. Turn off the heat and preheat the second skillet on medium-high heat.

6. Heat Tortillas

Add the corn tortillas to the second skillet, heating until they appear crisp and slightly brown.

7. Mix Ingredients

Top two corn tortillas with $\frac{1}{4}$ of the eggs (about 2 eggs), 2 Tbsp of the sharp cheddar cheese, 2 Tbsp of the diced avocado, and 2 Tbsp of the black bean and corn salsa.

8. Repeat Steps, Serve & Enjoy!

Repeat Steps 1–7 for the other tacos, serve and enjoy!

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Medium Mixing Bowl



Rubber Spatula



Non-Stick Cooking Spray



Whisk



Measuring Cups



Measuring Spoons



Cutting Board



2 Skillets

RA Cooking Tips

Eggs: Purchase pre-scrambled eggs instead of whisking your own. This will save time and decrease hand strain.

Avocado: Purchase pre-made guacamole instead of cutting an avocado. Bonus: the extra spices in the guacamole will add a fun and flavorful twist to the dish!