

Breakfast

# Breakfast Tacos

Side Effect: Weight Loss/ Loss of Appetite

**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: Eggs**

8 Eggs 

8 Corn Tortillas

$\frac{1}{2}$  Cup **Pasteurized** Sharp Cheddar Cheese

$\frac{1}{2}$  Cup Black Bean and Corn Salsa

**1** Avocado, diced (**wash under running water before dicing**)

Salt and Pepper, to taste

### Allergen Swap

**Eggs** Substitute eggs for tofu

### Nourishment Note



#### Eggs

Eggs are a great source of protein. Protein is important for building new and healthy cells. Protein needs are often increased when going through cancer treatments.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Coat & Heat Skillet

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

### 3. Whisk Eggs

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

### 4. Cook the Eggs

Add the eggs to the hot skillet and reduce the heat to low.  
Allow the eggs to sit for about 1 minute. Slowly push the eggs around the pan until they are completely scrambled and cooked through, with no liquid remaining.

### 5. Preheat Skillet

Turn off heat and preheat the second skillet on medium-high heat.

### 6. Heat Tortillas

Add the corn tortillas, 1-2 at a time, to the second skillet, heating until they appear crisp and slightly brown.

### 7. Top Tacos

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

Repeat for the other tacos and enjoy!

### 9. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians

## What You'll Need



Medium Mixing Bowl



Rubber Spatula



Non-Stick Cooking Spray



Whisk



Measuring Cups



Measuring Spoons



Cutting Board



2 Skillets

### Fatigue Buster

- 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!
- Purchase a black bean and corn salsa in the fresh section of the grocery store. If you aren't able to find it, swap it with a traditional fresh salsa.