

# Breakfast Tacos

**Yield: 8 tacos**

## Ingredients

8 each eggs  
½ cup salsa  
½ cup cheddar cheese; shredded  
16 each corn tortillas; 6-inch  
non-stick spray; as needed

## Instructions

1. Gather all ingredients and equipment.
2. In a medium-sized bowl, mix the eggs with a fork, then salsa and combine. Heat a medium pan over medium heat, spray with non-stick spray.
3. Once the pan is hot, pour the eggs into the pan. Stir occasionally with a rubber spatula. If the eggs are turning brown, turn down the heat. Once eggs are 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.
4. 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.
5. Divide up filling among tortillas and serve immediately.

## Nutrition Information

**Serving Size: 2 tacos**

Calories: 230  
Total Fat: 12.0 g  
Saturated Fat: 4.0 g  
Monounsaturated Fat: 2.0 g  
Sodium: 420 mg  
Total Carbohydrate: 21.0 g  
Dietary Fiber: 2.0g  
Sugars: 1.5 g  
Protein: 10.0 g

Source: Goldring Center for Culinary Medicine



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