

SOUTHWEST BREAKFAST TACOS

PLAN AHEAD

Plan your meals ahead of time to save time and money.

Food I already have in my pantry to prepare this recipe:

Food I need to purchase to prepare this recipe:

TIPS

- Top with avocado, a healthy fat
- Add roasted veggies to your tacos (red and green peppers, onions, mushrooms, etc.)
- Make ahead and store in the refrigerator. Warm when ready to eat.

PREPARE NOW

Serves: 3-6 Prep. Time: 15 min

Ingredients

- 6 oz breakfast sausage
- 6 whole grain tortillas, 6"
- 6 eggs
- 1/2 cup fresh cheddar cheese, reduced fat
- Salsa
- Salt and pepper

Instructions

1. Crumble the sausage into a skillet over medium-high heat. Cook and stir until evenly brown. Set aside.
2. Heat one skillet over medium heat and heat another skillet over high heat. The skillet over high heat is for warming tortillas.
3. In a medium bowl, whisk together the eggs, milk, salt and pepper. Spray the medium heat skillet with some cooking spray.
4. Add the sausage, and continue cooking until done.
5. Meanwhile, warm tortillas for about 10 seconds in the other skillet, so they are hot and crisp on the edges, but still pliable.
6. Sprinkle the cheddar cheese on each tortilla while still hot. Top with some of the scrambled egg and sausage, then add hot pepper sauce and salsa to your liking.

EMPOWER YOUR CHOICE

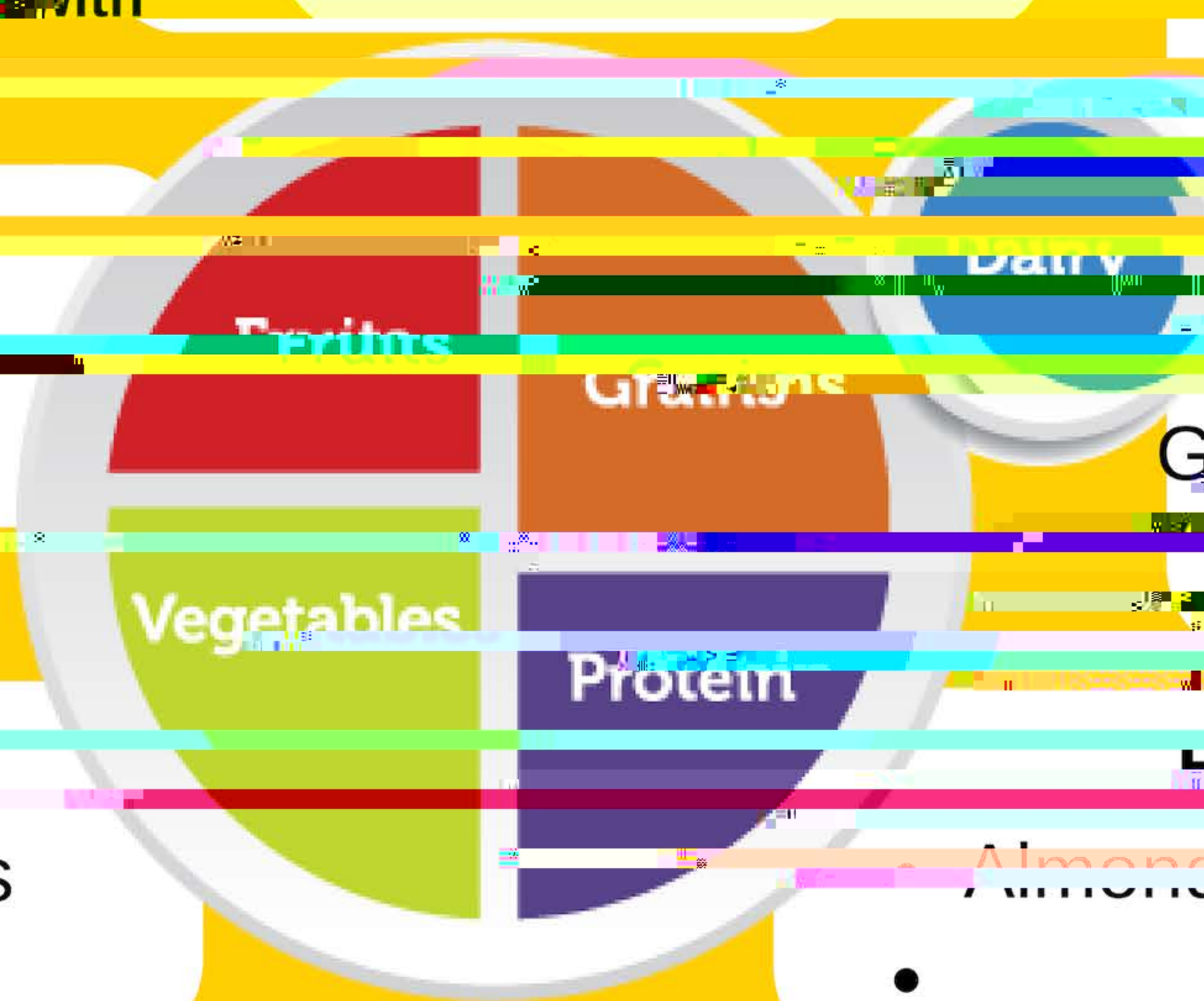
Use MyPlate to create a healthy meal. Fill in the blank with foods by your choice!

Fruits

- Fruit cup
- _____

Vegetables

- Roasted vegetables
- _____



Dairy

Milk

Dairy

Granola

Almonds