MIGAS

Servings: 4
Prep Time: 15 minutes
Cook Time: 5 minutes

Consider serving this hearty and healthy breakfast topped with cilantro, a few avocado slices, or your favorite salsa. And don’t forget to wash it down with a nice, strong cup of coffee!!!

INGREDIENTS
3 corn tortillas (6” across)
1 tbsp canola or vegetable oil
½ cup chopped onion (any color)
1 clove fresh minced garlic
1 cup vegetables (fresh or frozen)
¾ cup egg substitute
3 large whole eggs
¼ cup skim milk
½ tsp hot sauce
¼ tsp salt
½ cup part reduced-fat cheese (any kind)

NUTRITION INFORMATION
Per serving: 210 calories, 3g saturated fat, 15g protein, 15g carbohydrate, 168g cholesterol, 418 mg sodium, 2g fiber

INSTRUCTIONS
1. Gently warm tortillas in a pan until crisp. Let cool and then cut into 2 inch pieces.
3. While vegetables are heating beat eggs well. Add egg substitute, skim milk, and hot sauce. Mix well.
4. Add egg mixture to pan. Allow eggs to cook about 20 seconds undisturbed. Add tortilla pieces and salt. Stir gently.
5. As eggs begins to set, add cheese. Stir to combine. Serve before eggs have fully set.