

SOUTHWEST BREAKFAST TACOS

PLAN IT!

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 (e.g. bell peppers, onions, mushrooms, etc.)
- Make ahead and store in the refrigerator. Warm when ready to eat.

PREPARE IT!

Serves: 6-8 Prep. Time: 15 min

Ingredients

- 6 oz breakfast sausage
- 8 whole grain tortillas, 6"
- 6 eggs
- 1/2 cup milk
- 1/2 cup fiesta blend 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, and pour in the eggs. Cook and stir until almost firm.
4. Add the sausage, and continue cooking and stirring until firm.
5. Meanwhile, warm tortillas for about 45 seconds per side in the other skillet, so they are hot and crispy on the edges, but still pliable.
6. Sprinkle a little shredded cheese onto each tortilla while it is still hot. Top with some of the scrambled egg and sausage, then add hot pepper sauce and salsa to your liking.

ENJOY IT!

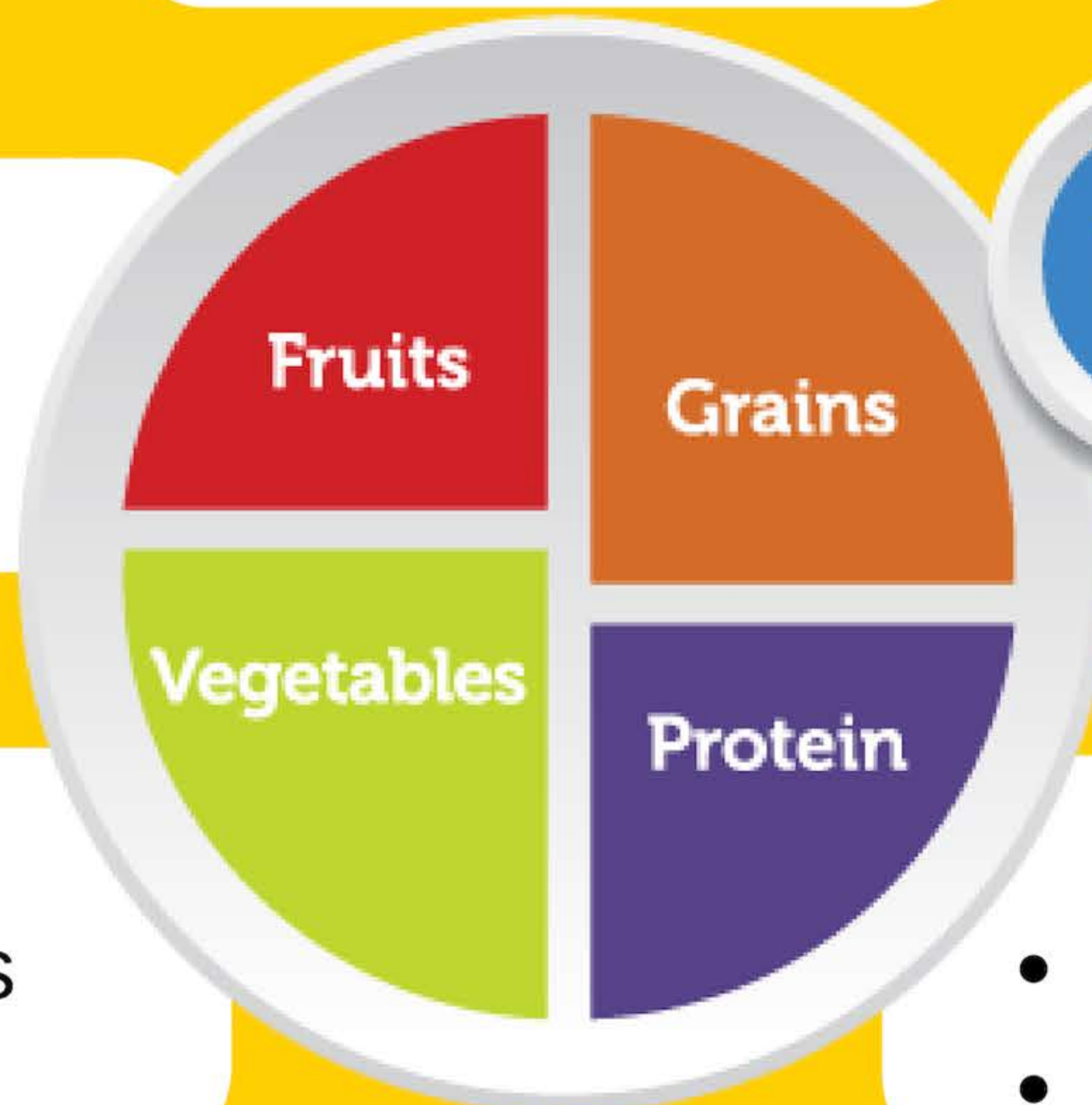
Use MyPlate to complete your meal. Fill in the blanks with foods of your choice.

Fruits

- Fruit cup
- _____

Vegetables

- Roasted vegetables
- _____



Dairy
Milk

Grains
Granola

Dairy

Protein

- Almonds
- _____