

Migas "Crumbs"

Eggs, tortillas, pepper, onion, and cheese are a tasty combination in this quick and easy recipe.

Makes: 4 servings

Cook/Prep time: approx. 20 minutes

Source: myplate.org

Ingredients

- 4 tortillas (large)
- 3 tablespoons canola oil
- 1/4 cup bell pepper, diced
- 1/4 cup onion, diced
- 4 eggs (lightly beaten)
- 4 tablespoons cheddar cheese, low-fat (grated)

Directions

1. Wash hands and cooking area.
2. Tear tortillas into small pieces.
3. Heat oil in a medium-sized pan.
4. Add tortillas and stir until pieces begin to brown.
5. Add peppers and onion; sauté until soft.
6. Add eggs; stir until the eggs are cooked.
7. Remove from heat and sprinkle on the grated cheese.
8. Cover the pan and let cheese melt.
9. Serve immediately.

Utensils Needed

- Medium sized pan
- Measuring cups
- Whisk or fork
- Sharp knife
- Cutting board



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/4 recipe (138g)	
Nutrients	Amount
Calories:	398
Total Fat:	21 g
Saturated Fat:	4 g
Cholesterol:	187 mg
Sodium:	560 mg
Total Carbohydrates:	38 g
Dietary Fiber:	3 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	14 g

SHOPPING LIST

Average total cost without oil and seasonings: \$ 5.39

Average cost/serving: \$ 1.35

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

<input type="checkbox"/>		Add 1 to Cart Large whole wheat tortillas
<input type="checkbox"/>		Add 1 to Cart Large Eggs, 1 dozen
<input type="checkbox"/>		Add 1 to Cart 1 oz cheddar cheese, shredded (reduced fat)

<input type="checkbox"/>		Add 1 to Cart Bell Pepper
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<input type="checkbox"/>		Add 1 to Cart Onion
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SAVE TIME, SAVE MONEY

My Cooking Notes

Shopping Tips

- Buy a block of cheese and grate it yourself. Save any extra hard cheese such as cheddar in the freezer if not using immediately.
- Add some fresh cilantro for extra flavor