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Eggs Olé!

Created by the Egg Farmers of Canada

Makes 4 servings

Prep: 10 min.

Cook: 10 min.

What you need:

1	medium onion, diced	1
1	medium sweet red pepper, diced	1
8	eggs	8
1/4 tsp	pepper	1 mL
4	medium flour tortillas (7-inch/18 cm), warmed	4
1/2 cup	shredded Tex Mex cheese blend or Cheddar cheese	125 mL
1/4 cup	Tostitos® Salsa	50 mL
	Light sour cream (optional)	



How to prepare:

Spray large non-stick skillet with cooking spray. Place skillet over medium heat. Add onion and pepper; cook, stirring frequently until softened. Lower temperature to medium-low.

Whisk eggs and pepper in medium bowl. Pour eggs over vegetables in skillet. As mixture begins to set, gently move spatula across bottom and side of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains. Divide egg mixture over tortillas. Sprinkle 2 tbsp (25 mL) cheese over each, then top with 1 tbsp (15 mL) salsa. Serve with sour cream, if desired.

Nutrients per Serving:

Calories 335

Fat 18 g

Saturated Fat 7 g

Trans Fat 0 g

Sodium 592 mg

Carbohydrate 24 g

Fibre 2 g

Sugars 4 g

Protein 19 g

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Recipe used with permission from the Egg Farmers of Canada. Visit www.eggs.ca for more great recipes.

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