

Huevos Rancheros with Salsa

For breakfast, lunch, or dinner, this savory egg dish is fresh, healthy, and inexpensive.

Makes: 4 servings

Ingredients

- 4 corn tortillas?(6 inch)
- ½ tablespoon oil
- 8 eggs
- black pepper to taste
- ¼ cup shredded cheddar cheese
- 1 cup salsa



Directions

1. Preheat oven to 450°F.
2. Lightly brush tortillas with oil on both sides and place on a baking sheet.
3. Bake until tortillas are crisp on the edges and start to brown 3-5 minutes, watch closely.
4. Remove from oven and set aside.
5. Lightly oil a skillet and heat over medium heat.
6. Crack eggs into skillet and mix gently to scramble.
7. Cook for 2-3 minutes until eggs are cooked.
8. Divide the scrambled eggs into even scoops on each tortilla and top each with cheese.
9. Place under the broiler for about 2 minutes until cheese is melted.
10. Spoon?salsa on top of each tortilla.

Note: Add fresh lime and hot peppers as desired.

Recipe from: California Department of Health Services, California 5-A-Day For Better Health! Campaign, adapted by the USDA Food and Nutrition Administration.

###

USDA is an equal opportunity provider, employer, and lender.