

Migas "Crumbs"

Cook time: 20 minutes

Makes: 4 servings

Ingredients

4 tortillas (large)

3 tablespoons canola oil

1/4 cup bell pepper

1/4 cup onion

4 egg (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.

Source: Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program

Nutrition Information

Nutrients	Amount
Calories	330
Total Fat	19 g
Saturated Fat	4 g
Cholesterol	185 mg
Sodium	450 mg
Total Carbohydrate	27 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	12 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

