

# TOMATILLO BREAKFAST TACOS

This easy breakfast taco recipe is a satisfying way to start the day. Queso blanco, also known as queso fresco, is a soft, fresh Mexican cheese that is often off-limits for people with weakened immune systems. If food safety is a concern, choose feta instead.

- 1 tablespoon extra-virgin olive oil
- 6 medium tomatillos (about 8 ounces), husked, rinsed and coarsely chopped
- ¼ cup chopped onion
- 2 cloves garlic, minced
- 4 large eggs, lightly beaten
- ¼ teaspoon ground pepper
- ⅛ teaspoon salt
- 4 small (4- to 5-inch) corn or whole-wheat tortillas, warmed
- ¼ cup crumbled queso blanco or feta cheese

Heat oil in a large nonstick skillet over medium heat. Add tomatillos, onion and garlic and cook, stirring, until most of the liquid from the tomatillos is evaporated, 8 to 12 minutes. Add eggs, pepper and salt and cook, stirring, until the eggs are just set, 2 to 3 minutes more. Divide the scrambled eggs among the tortillas and sprinkle with cheese.

**SERVES 2:** 2 TACOS EACH

**Calories** 418, **Fat** 24g (sat 8g), **Cholesterol** 389mg, **Carbs** 32g, **Total sugars** 6g (added 0g), **Protein** 20g, **Fiber** 5g, **Sodium** 498mg, **Potassium** 560mg.

**ACTIVE:** 20 MINUTES


**TOTAL:** 20 MINUTES

 HIGH PROTEIN

 HIGH FIBER

 VEGETARIAN

 SUPER SIMPLE

 **CALORIE BOOST:**  
Add some extra calories by upping the cheese to ½ cup.