

Breakfast

Breakfast Tacos

Side Effect: Weight Loss/ Loss of Appetite

10 Mins
Prep Time

15-20 Mins
Cook Time

4
Servings

331 Calories **17g** Fat **28g** Carbs **17g** Protein



Ingredients

4 Servings • **2** Tacos Serving Size

25 - 30 Mins Total Time

Allergens: Eggs

8 Pasteurized Eggs

8 Corn Tortillas

1/2 Cup Pasteurized Sharp Cheddar Cheese

1/2 Cup Black Bean and Corn Salsa

1 Avocado, diced (**wash under running water before dicing**)

Salt and Pepper, to taste

Allergen Swap

Eggs Substitute eggs for tofu

Nourishment Note



Eggs

Eggs are a great source of protein. Protein is important for building new and healthy cells. Protein needs are often increased when going through cancer treatments.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Coat & Heat Skillet

Evenly coat a skillet with non-stick cooking spray. Preheat skillet over medium-high heat.

3. Whisk Eggs

While the skillet is preheating, crack the eggs into a medium-sized mixing bowl and mix using a whisk.

4. Cook the Eggs

Add the eggs to the hot skillet and reduce the heat to low. Allow the eggs to sit for about 1 minute. Slowly push the eggs around the pan until they are completely scrambled and cooked through, with no liquid remaining.

5. Preheat Skillet

Turn off heat and preheat the second skillet on medium-high heat.

6. Heat Tortillas

Add the corn tortillas, 1-2 at a time, to the second skillet, heating until they appear crisp and slightly brown.

7. Top Tacos

Top two corn tortillas with $\frac{1}{4}$ of the eggs (about 2 eggs), 2 Tbsp of the sharp cheddar cheese, 2 Tbsp of the diced avocado, and 2 Tbsp of the black bean and corn salsa.

8. Repeat

Repeat for the other tacos and enjoy!

9. Clean Up

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

What You'll Need



Medium Mixing Bowl



Rubber Spatula



Non-Stick Cooking Spray



Whisk



Measuring Cups



Measuring Spoons



Cutting Board



2 Skillets

Fatigue Buster

- Purchase pre-made guacamole instead of cutting an avocado. Bonus: the extra spices in the guacamole will add a fun and flavorful twist to the dish!
- Purchase a black bean and corn salsa in the fresh section of the grocery store. If you aren't able to find it, swap it with a traditional fresh salsa.

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