



## BREAKFAST TACOS

### INGREDIENTS

| ITEM                                     | QUANTITY | ITEM             | QUANTITY |
|------------------------------------------|----------|------------------|----------|
| High-protein or Low-carb Tortillas       | 2        | Diced Tomatoes   | ¼ Cup    |
| Eggs                                     | 2        | Diced Onion      | 2 Tbsp.  |
| Egg Whites                               | 2        | Salsa            | 2 Tbsp.  |
| Lean Turkey Sausage, Cooked and Crumbled | 2 Oz.    | Chopped Cilantro | 1 Tbsp.  |
| Reduced-fat Shredded Cheddar Cheese      | ¼ Cup    | Cooking Spray    |          |

**SERVING SIZE**

1

### PREPARATION

- Heat a nonstick skillet over medium heat and lightly coat with cooking spray.
- Add the cooked turkey sausage to the skillet and warm for 1-2 minutes. Remove from the pan and set aside.
- In a small bowl, whisk together the eggs and egg whites until combined.
- Pour the egg mixture into the skillet and gently scramble until the eggs are cooked through but still soft.
- Warm the tortillas in a dry skillet or microwave until flexible.
- Divide the scrambled eggs evenly between the two tortillas.
- Add the turkey sausage, shredded cheese, diced tomatoes, onion, salsa, and cilantro.