

Breakfast

Scrambled Eggs with Corn Tortillas

Lisa Schroeder - Chef, Mother's Bistro and Bar
Tifton Gazette

Servings: 4

12 Eggs, beaten
2 tablespoons butter
3/4 cup onion, finely diced
3/4 cup green or red bell peppers, finely diced
1 cup fresh corn tortilla strips, cut into long, narrow strips
salt and freshly ground pepper to taste
1 cup Monterey Jack cheese, shredded
1/4 cup sour cream (optional)
1/4 cup salsa

Heat a large skillet or saute' pan.

Add butter; and once melted, add onions and peppers. Cook for about three minutes or until they soften.

Add tortillas to pan and continue to cook until they start to get slightly golden and the onions begin to caramelize.

Pour the beaten eggs into the onion tortilla mixture and, using a heatproof rubber spatula or wooden spoon, scramble the eggs in the pan until they are almost cooked through and set.

Add shredded cheese and scramble a bit more to combine and finish cooking the eggs.

Spoon onto serving plates and top each serving with a tablespoon of sour cream, if desired, and salsa.

Pass around extra salsa separately.

Per Serving (excluding unknown items): 394 Calories; 29g Fat (67.8% calories from fat); 26g Protein; 5g Carbohydrate; 1g Dietary Fiber; 677mg Cholesterol; 491mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.