

Breakfast Tostada with Avocado and Eggs



These tostadas —with corn tortillas that can be made a day in advance— are delicious enough for a weekend breakfast, but come together easily enough for a weekday one, too. Mix the recipe up by adding in your own favorite seasonal veggies and extra protein from bacon crumbles, or ground turkey.

Ingredients

- Cooking spray
- 4 6-inch corn tortillas
- 1 Tbsp canola **OR** corn oil
- 1 medium red **OR** green bell pepper (finely diced)
- 1/2 cup diced red onion
- 1 medium tomato (diced)
- 2 oz fat-free cream cheese (cut into pieces)
- 2 large eggs
- 2 large egg whites
- 1 medium avocado (halved, pitted, mashed with fork)
- 1/4 cup chopped, fresh cilantro (optional)
- 2 tsp chopped pickled jalapeños (drained)

Nutrition

Servings: 4
Calories: 226
Fat: 14 g
Protein: 10 g
Carbohydrates: 17 g
Dietary Fiber: 6 g
Sodium: 227 mg

Directions

1. Preheat the oven to 400° F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
2. Arrange the tortillas in a single layer on the baking sheet. Lightly spray the tortillas with cooking spray. Bake for 6 to 7 minutes on each side, or until golden brown.

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3. In a medium nonstick saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the bell pepper and onion for 5 to 7 minutes, or until the bell pepper is tender and the onion is soft, stirring occasionally. Cook the tomato for 2 to 3 minutes, or until it releases its liquid. Stir in the cream cheese. Cook the vegetable mixture for 2 to 3 minutes, or until the cream cheese has melted. Remove from the heat. Transfer the bell pepper mixture to a small bowl.
4. In a separate small bowl, whisk together the eggs and egg whites with a fork.
5. Wipe the pan with paper towels. Lightly spray the pan with cooking spray. Cook the egg mixture over medium-high heat, or until the eggs are scrambled, stirring constantly. Remove from the heat.
6. Spread the avocado over each tortilla. Top with the vegetable mixture and scrambled eggs. Garnish with the cilantro and jalapeños.