

Huevos Rancheros With Fresh Salsa

September 2022 Recipe



Makes: 4 servings

Ingredients

4, 6-inch corn tortillas
½ Tbsp. vegetable oil
Nonstick cooking spray
4 egg whites
4 eggs
1/8 tsp. ground black pepper
4 Tbsp. shredded cheese (cheddar or Monterey Jack)
2 cups fresh salsa

Nutritional information for 1 serving

Calories	204
Total fat	10 g
Saturated fat	3 g
Cholesterol	193 mg
Sodium	713 mg
Carbohydrate	16 g
Dietary fiber	3 g
Total sugars	3 g
Added sugars included	0 g
Protein	14 g

Directions

1. Preheat oven to 450 F.
2. Lightly brush tortillas with oil on both sides and place them on a baking sheet.
3. Bake for five to 10 minutes or until tortillas are crisp on the edges and starting to brown.
4. Remove from oven and set aside.
5. Spray a large skillet with nonstick cooking spray over medium heat.
6. Drop four egg whites into a skillet. Then, break whole eggs over whites to make four separate servings.
7. Cook for two to three minutes per side until eggs are cooked.
8. Place one egg on each tortilla shell and top each with 1 Tbsp. cheese.
9. Place under the broiler for about two minutes until cheese melts.
10. Spoon ½ cup fresh salsa around the edge of each shell.