

Recipe

Healthy Food

INGREDIENTS

- 5 large eggs
- ½ teaspoon salt
- 1 tablespoon olive oil
- 2 green onions, sliced
- 2 cups (about 3 ounces) coarsely broken no-salt-added tortilla chips
- ½ cup mild salsa
- ½ cup low-fat shredded cheddar cheese
- Garnish: 2 tablespoons chopped cilantro and extra shredded cheese



EASY MIGAS RECIPE

1. Peel in a bowl, combine eggs and salt; stir with a wire whisk and set aside.
2. Heat olive oil in a large skillet over medium-high heat. Add green onions and cook for two minutes or until they begin to soften.
3. Add egg mixture to skillet and cook for 1 minute without stirring, until the edges of the eggs are set.
4. Stir in tortilla chips and salsa; cook for 2 minutes or until tortilla chips begin to soften. At this point, the eggs' texture will resemble traditional scrambled eggs.
5. Remove from heat and add cheese; stir until combined and cheese begins to melt. Sprinkle with cilantro and extra cheese, if desired.

Cooking Tip

- Nutrition information does not include garnishes.
- Reduce the sodium content of the dish by leaving out the added salt.