

Huevos Rancheros with Pico de Gallo

From the California Dept. of Public Health and the Network for a
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/Recipes.php>

Ingredients

- 4 (6-inch) corn tortillas
- ½ tablespoon vegetable oil
- nonstick cooking spray
- 1½ cups egg substitute
- 2 tablespoons shredded Cheddar or Monterey Jack cheese
- 2 cups Pico de Gallo (see recipe below or utilize a pre-prepared Pico de Gallo product)
- 1/8 teaspoon ground black pepper

Instructions

1. Preheat oven to 450°F.
2. Lightly brush tortillas with oil on both sides and place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown. Remove from the oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Pour egg substitute into skillet. Cook over medium heat for 2 to 3 minutes until eggs are cooked through.
5. Place an equal amount of eggs on each tortilla and top each with ½ tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted.
7. Spoon ½ cup Pico de Gallo on each tortilla and top with ground black pepper.
8. Serve warm.

Makes 4 servings. (1 tortilla per serving)

Nutrition information per serving:

Calories 146
Carbohydrate 16 g
Dietary Fiber 3 g
Protein 13 g
Total Fat 4 g
Saturated Fat 1 g
Trans Fat 0 g
Cholesterol 3 mg
Sodium 255 mg



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Pico de Gallo

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Ingredients

- **1 pound ripe tomatoes (about 2 medium tomatoes), chopped**
- **1½ cups chopped onion**
- **1/3 cup chopped fresh cilantro**
- **3 jalapeño peppers, chopped (seeds removed)**
- **2 tablespoons lime juice**
- **2 cloves garlic, finely chopped**
- **¼ teaspoon salt**

Instructions

1. **Combine all ingredients in a medium bowl.**
2. **Serve or cover and refrigerate for up to 3 days.**

Use to season your family meals or serve with tortilla chips.

Makes 6 servings (½ cup per serving)

Nutrition information per serving:

Calories 34

Carbohydrate 8 g

Dietary Fiber 2 g

Protein 1 g

Total Fat 0 g

Saturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg

Sodium 105 mg



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