



Migas "Crumbs"



Makes: 4 servings

Total Cost: \$\$\$\$

Cook Time: 20 minutes

Eggs, tortillas, pepper, onion, and cheese are a tasty combination in this quick and easy recipe.

Ingredients

- 4 tortillas (large)
- 3 tablespoons canola oil
- 1/4 cup bell pepper
- 1/4 cup onion
- 4 egg (lightly beaten)
- 4 tablespoons cheddar cheese, low-fat (grated)

Directions

1. Wash hands with soap and water.
2. Tear tortillas into small pieces.
3. Heat oil in a medium-sized pan.
4. Add tortillas and stir until pieces begin to brown.

5. Add peppers and onion; sauté until soft.
6. Add eggs; stir until the eggs are cooked.
7. Remove from heat and sprinkle on the grated cheese.
8. Cover the pan and let cheese melt.
9. Serve immediately.

Notes

Learn more about:

- [Bell Peppers](#)
- [Onions](#)

Source:

The Texas A&M University System

Texas Cooperative Extension Expanded Nutrition Program

Nutrition Information




Serving Size: 1/4 recipe (138g)

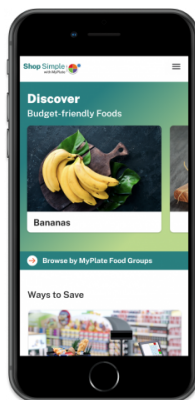
Nutrients	Amount
Total Calories	398
Total Fat	21 g
Saturated Fat	4 g
Cholesterol	187 mg
Sodium	560 mg
Carbohydrates	38 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	14 g
Vitamin D	1 mcg
Calcium	151 mg
Iron	3 mg
Potassium	213 mg

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



-  Vegetables 1/4 cups
-  Grains 2 1/2 ounces
-  Protein Foods 1 ounce



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