

dinner
tonight



Menu 3 SERVES 4

Huevos Rancheros with Queso Fresco

Orange, pineapple, and coconut ambrosia

Drain 1 (15¼-ounce) can pineapple chunks in juice and 1 (14-ounce) jar fresh orange sections. Combine pineapple, orange, and 2 tablespoons powdered sugar, tossing to coat. Sprinkle with ⅓ cup flaked sweetened coconut.

Margaritas

Game Plan

1. Prepare ambrosia; cover and chill until serving time.
2. While tomato mixture cooks:
 - Chop cilantro
 - Squeeze lime juice
 - Heat beans
3. While eggs cook:
 - Heat tortillas
 - Prepare margaritas

Huevos Rancheros with Queso Fresco

Queso fresco is a soft, crumbly, salty Mexican cheese. Look for it in the dairy section of large grocery stores and Hispanic markets. Substitute crumbled feta or goat cheese, if you prefer.

Total time: 25 minutes

- 1 (10-ounce) can diced tomatoes and green chiles, undrained
- 1 (10-ounce) can red enchilada sauce
- ⅓ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 2 tablespoons water
- 1 (16-ounce) can pinto beans, rinsed and drained

Cooking spray

- 4 large eggs
 - 4 (8-inch) fat-free flour tortillas
 - 1 cup (4 ounces) crumbled queso fresco cheese
1. Combine the tomatoes and enchilada sauce in a medium saucepan; bring to a boil. Reduce heat; simmer 5 minutes or until slightly thick. Remove from heat;

stir in cilantro and juice. Set aside.

2. Place water and beans in a microwave-safe bowl, and partially mash with a fork. Cover and microwave at HIGH 2 minutes or until hot.
3. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add eggs; cook 1 minute on each side or until desired degree of doneness.
4. Warm tortillas according to package directions. Spread about ⅓ cup beans over each tortilla; top each tortilla with 1 egg. Spoon ½ cup sauce around each egg; sprinkle each serving with ¼ cup cheese. Yield: 4 servings (serving size: 1 topped tortilla).

CALORIES 340 (26% from fat); FAT 9.8g (sat 3.2g, mono 2.7g, poly 1g); PROTEIN 15.7g; CARB 37.8g; FIBER 6.1g; CHOL 222mg; IRON 2.1mg; SODIUM 970mg; CALC 153mg

Quick Tip: Corn tortillas are often used in this dish. If you have some on hand, substitute them for the flour tortillas.