



Eggs with Nopales

Ingredients:

1 medium bell pepper
Nonstick cooking spray
1 cup chopped onion
1/2 cup chopped fresh nopales
1/2 cup chopped tomato
1/2 teaspoon chili powder
6 egg whites
2 whole eggs
1/4 teaspoon salt
1/4 cup reduced fat cheddar and Monterey Jack Cheeses, grated
1/2 cup salsa



Directions:

1. Wash your hands with soap and warm water. Wash fresh fruits and vegetables before preparing them.
2. Place bell pepper in the oven and broil for a few minutes on each side to blacken skin. Place in a small paper bag and fold over the top; let stand for 5 minutes.
3. Rub off skin from the peppers. Cut open, remove seeds, and chop.
4. Spray a medium skillet with nonstick cooking spray.
5. Add onions and cook over medium heat for 10 minutes or until very soft.
6. Stir in bell pepper and nopales and cook for 5 minutes more.
7. Add tomato and chili powder and remove from heat.
8. In a medium bowl, beat egg whites, whole eggs, and salt. Add to skillet; stir and cook for 5 minutes or until eggs are cooked through.
9. Top with cheese and salsa. Serve immediately with warm tortillas.

Nutrition Facts (Per Serving)

Calories, 92; Carbohydrate, 7 g; Protein, 10 g; Total Fat, 3 g; Saturated Fat, 1 g; Trans Fat, 0 g; Cholesterol, 6 mg; Fiber, 2 g; Total Sugars, 53 g; Sodium, 300 mg; Calcium, 89 mg; Folate, 29 mcg; Iron, 13 mg; Percent Calories from Fat, 29%.

Makes 4 servings, 1 cup each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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