

HUEVOS CON TURKEY SAUSAGE

Makes 4 servings (1 topped tortilla)

Original recipe by Marybell Castillo (Los Angeles)

Ingredients:

- ◆ 2 tsp. vegetable oil
- ◆ 1 small (or ½ large) white onion, chopped
- ◆ 1 large tomato, chopped
- ◆ ½ lb turkey sausage (preferably hot Italian), squeezed from the skin
- ◆ 4 large eggs
- ◆ ¼ tsp. salt, or to taste
- ◆ 4 small (6-inch) corn or flour tortillas, warm
- ◆ 1 Tbsp. chopped fresh cilantro or parsley (optional)

How to make:

Adults: Heat oil in large skillet over medium-high heat. Add onion and tomato. Sauté while stirring for 1 minute.

Kids: Toss in the turkey sausage. Stir frequently for 10 minutes while breaking apart sausage as you stir.

Kids and Adults: Add eggs and stir (scramble) for 1 additional minute, or until eggs are fully cooked. Sprinkle with salt.

Kids: Serve about 2/3-cup scoop of the Huevos con Turkey Sausage on top each corn tortilla.

Originally called Huevos con Chorizo, you'll be pleasantly surprised by this Americanized version!

HEALTHY RECIPE MAKEOVER HOW-TO:



Instead of chorizo, turkey sausage is used. More tomato is added. And, the salt is halved.

Did you know?

Eating involves all of the senses. You eat with your eyes, not just your mouth! So, make this dish even more succulent to your sight. Garnish it with chopped fresh cilantro or parsley.

Nutrition Info per serving:

280 Calories, 19 g Carbohydrates, 17 g Protein, 15 g Total fat, 4 g Saturated fat, 260 mg Cholesterol, 2 g Dietary Fiber, 590 mg Sodium, 15 % Vitamin A, 15 % Vitamin C, 6 % Calcium, 10 % Iron