

HUEVOS RANCHEROS FRITTATA

Serves 4

Ingredients

- ½ cup cooked turkey breakfast sausage
- 1 jalapeno pepper, seeded, chopped
- 2 corn tortillas (6 inch), cut into 1-inch pieces
- 1 carton (15 oz each) Egg Beaters® Southwestern Style*
- ½ cup shredded reduced fat Mexican cheese blend
- 1 medium tomato, seeded, chopped
- Chopped fresh cilantro, optional

Directions:

1. Spray 10-inch nonstick sauté pan with cooking spray; heat over medium heat.
2. Add sausage, pepper and tortillas. Cook 4 minutes or until tortillas are browned lightly, stirring occasionally.
3. Reduce heat to medium-low. Pour Egg Beaters evenly into skillet. Cover; cook 15 minutes or until frittata is set.
4. Top with cheese, tomato and cilantro, if desired. Let stand until cheese melts. Cut into 4 wedges.

**If Egg Beaters Southwestern Style is not available, use Egg Beaters Original and add 1 tablespoon finely chopped red bell pepper and 1/4 teaspoon ground cumin.*

Carbohydrate	9 g
Cholesterol	17 mg
Total Fat	5 g
Iron	2 mg
Calories	146 kcal
Sodium	512 mg
Protein	16 g
Saturated Fat	2 g
Sugars	1 g
Dietary Fiber	2 g