

Breakfast Fajitas

Ingredients:

2 eggs + 1 cup egg whites
1/3 cup skim milk
1/4 teaspoon ground black pepper
1/8 teaspoon salt
2 tablespoons olive oil
2 bell peppers (any color), sliced into strips
1 small yellow onion, halved and sliced
8 whole wheat tortillas, 8-inch
2 avocados, chopped or sliced
Toppings: cilantro, salsa, lime wedges, or hot sauce (optional)

Directions:

1. In a mixing bowl, whisk together eggs and milk until well blended. Season with pepper. Set aside.
2. Heat oil in skillet over medium-high heat. Add pepper, onions, and season with salt and pepper. Sauté, tossing occasionally, until tender and crisp and slightly charred. Pour into a bowl and set aside.
3. Return skillet to heat, reduce burner to medium-low. Pour remaining olive oil and swirl pan evenly to coat. Add eggs and cook, stirring and scraping bottom constantly with a turner, until eggs are set.
4. To assemble fajita, layer warm tortillas with eggs, top with bell pepper mixture then avocados and desired toppings. Serve immediately.

Nutrition Facts

Serving Size (198g)
Servings Per Container 8

Amount Per Serving

Calories 280 Calories from Fat 130

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 120mg **5%**

Total Carbohydrate 30g **10%**

Dietary Fiber 18g **72%**

Sugars 4g

Protein 11g

Vitamin A 15% • Vitamin C 110%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Adapted from: <http://www.cookingclassy.com>

