

Recipe of the Week

January 23, 2018



Green Veggie Breakfast Tacos

Ingredients

- 1/2 Tablespoon butter
- 15 small stalks fresh asparagus, chopped into 1-inch pieces
- 4 eggs, whisked in a bowl
- 4 corn tortillas
- 1/2 avocado cut into 4 slices

Directions

- In a frying pan placed over a medium flame add in butter and allow to melt. Once butter is melted add in asparagus pieces and saute for 3 minutes or until they turn dark green.
- Pour the whisked eggs over the cooked asparagus and allow to cook for 5 minutes. Stirring occasionally.
- Once eggs are cooked remove from flame.
- Over an open flame, or in a microwave, or on a hot comal, heat the corn tortillas using a pair of tongs to flip the tortilla if heating over an open flame.
- Fill the tortillas with an equal amount of cooked egg mixture.
- Top each taco with a slice of avocado. As an option sprinkle with salt and red pepper. Enjoy!

Recipe adapted from The Food Network