

## Tortilla Scramble



Try this when you're in a hurry but want a "stick to your ribs" breakfast... with Mexican flair!

### Nutrition Facts

Recipe makes 4 servings

Fat: 2.5 g                      Sodium 369 mg  
Carbohydrate: 14 g        Protein 14 g  
Cholesterol: 3 mg  
Dietary Fiber: 2.5 g

Source: American Diabetes Association

For more healthy recipes, visit:

<http://www.diabetes.org/mfa-recipes>

CareMore Cal MediConnect Plan - <http://duals.caremore.com> - Member Services: 1-888-350-3447

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### Ingredients

- 1 1/2 cups egg substitute
- 4 medium green onions, chopped
- 4 6-inch corn tortillas
- 1/4 cup. picante sauce
- 1 medium tomato, diced
- 2 cloves garlic, minced
- 1/2 cup low-fat sharp cheddar cheese, shredded
- 1/4 cup fresh cilantro
- 1 medium lime, quartered

### Directions

1. In a medium nonstick skillet, heat 1 teaspoon oil over medium heat, swirling to coat the bottom
2. Cook the egg substitute and green onions for 1 minute, stirring constantly. (A rubber scraper works well for this.) Remove from the heat.
3. Warm the tortillas using the package directions.
4. Spoon the egg mixture over each tortilla. In the order listed, top each serving with the picante sauce, tomato, Cheddar, and cilantro.
5. Let each person squeeze lime over his or her scramble.
6. Serve open-face.