

BREAKFAST TACOS

SERVES 4-6



This is a great breakfast recipe. I used lean ground turkey to make it healthier and using corn tortillas vs. flour makes it gluten free. If you want a vegetarian version substitute black beans for the turkey

INGREDIENTS

- 1 pound ground turkey, 93% lean
- 2 tbsp black bean sauce (Amazon: LKK Chili Bean Sauce 8 Oz)
- 1/2 tsp fish sauce
- 1/2 lime juice
- 5 eggs
- 1 medium zucchini, diced 1/2 inch cubes
- Sliced avocado (or see optional)
- 12 corn tortillas
- Optional Pickled red onions, Pico de Gallo, Guacamole (see my recipes)
- Your favorite hot sauce

STEP ONE: You can prepare the optional ingredients the evening before if you wish.

STEP TWO: In a non-stick skillet over medium heat brown the ground turkey. Then add the bean sauce, fish sauce, and lime juice. Set aside until ready to make the tacos. Replace turkey with drained, low sodium black beans and prepare the same as the turkey to make this vegetarian.

STEP THREE: Crack eggs in a bowl and whisk with a fork. You can add a tbsp of milk or water to make them lighter. Set aside.

STEP FOUR: Place another non-stick skillet over medium high heat. Warm your corn tortillas on both sides and place them in foil to keep them warm, 45-60 seconds per side. You can place the foil packet in a 300 degree oven if you are not making the tacos right away.

STEP FIVE: In the same pan you warmed the tortillas in, spray with some non-stick cooking spray. Scramble the eggs until light and fluffy over medium low heat. Remove to a bowl. In the same pan, sauté the cubed zucchini adding some salt and pepper while sautéing until just tender. Remove to a bowl.

STEP SIX: Prepare tacos. Take a warm tortilla, add some turkey, then eggs, zucchini and finally any of your desired toppings and hot sauce. Replacing the turkey with black beans if you want them to be vegetarian.