

# Migas

Try this true mexican dish for the weekend when company comes over. Add the following sides for a nice brunch: fat free canned refried beans with a little ground cumin added for extra flavor, avocado slices on lettuce leaves, or a small lettuce and tomato salad.

4	corn tortillas
	olive oil spray
1/2 cup	onions
1/2 cup	red or green bell peppers
1 tablespoon	olive oil
4	eggs
1 cup	egg substitute
2 tablespoons	skim milk
1 cup	low fat cheddar cheese
	salt and pepper to taste
1/2 cup	salsa

Preheat the oven to 350 degrees F. Cut the tortillas into thin strips and spray with olive oil spray. Place in a single layer in a shallow pan and bake for 10 minutes. Set aside. In a large ovenproof skillet saute onion and bell pepper in olive oil. Mix eggs, egg substitute and milk together in a bowl; add to vegetables and cook over medium heat until eggs are done. Add the corn tortilla strips and mix everything together in the skillet. Top with shredded cheese. Place skillet under the broiler and broil until cheese melts. Top with salsa and serve.

**Servings: 4**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

*olive oil spray*

*salt and pepper to taste*

Amount Per Serving	
<b>Calories</b>	282.68
Calories From Fat (44%)	123.13
<b>% Daily Value</b>	
<b>Total Fat</b> 13.87g	<b>21%</b>
Saturated Fat 4.01g	<b>20%</b>
<b>Cholesterol</b> 252.05mg	<b>84%</b>
<b>Sodium</b> 572.25mg	<b>24%</b>
<b>Potassium</b> 515.01mg	<b>15%</b>
<b>Carbohydrates</b> 15.42g	<b>5%</b>
Dietary Fiber 2.37g	<b>9%</b>
Sugar 4.18g	
Sugar Alcohols 0.00g	
Net Carbohydrates 13.05g	
<b>Protein</b> 23.91g	<b>48%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
4 corn tortillas	4 x 1 enchilada of Tortillas, ready-to-bake or -fry, corn
olive oil spray	Not linked
1/2 cup onions	0.50 x 1 cup, chopped of Onions, raw
1/2 cup red or green bell peppers	0.50 x 1 cup, chopped of Peppers, sweet, red, raw
1 tablespoon olive oil	1 x 1 tablespoon of Oil, olive, salad or cooking
4 eggs	4 x 1 extra large of Egg, whole, raw, fresh
1 cup egg substitute	1 x 1 cup of Egg substitute, liquid
2 tablespoons skim milk	2 x 1 tablespoon of Milk, nonfat, fluid, with added vitamin A (fat free or skim)
1 cup low fat cheddar cheese	1 x 1 cup, shredded of Cheese, low fat, cheddar or colby
salt and pepper to taste	Not linked
1/2 cup salsa	0.50 x 1 cup of Sauce, ready-to-serve, salsa

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