



**Nutrition
information
per serving:**

Calories
230

Carbohydrate
30 g

Dietary Fiber
5 g

Protein
14 g

Total Fat
6 g

Saturated Fat
2.5 g

Trans Fat
0 g

Cholesterol
110 mg

Sodium
530 mg





Eggs with Nopales

Nopales is Spanish for cactus leaves. Try this tasty dish with your favorite salsa.

Makes 4 servings. 1 cup per serving. | **Prep time:** 10 minutes | **Cook time:** 30 minutes

1. Place bell pepper in the oven and broil for a few minutes on each side to blacken skin. Place in a small paper bag and fold over the top; let stand for 5 minutes.
 2. Rub off skin from the peppers. Cut open, remove seeds, and chop.
 3. Spray a medium skillet with nonstick cooking spray.
 4. Add onions and cook over medium heat for 10 minutes or until very soft.
 5. Stir in bell pepper and nopales and cook for 5 minutes more.
 6. Add tomato and chili powder and remove from heat.
 7. In a medium bowl, beat egg whites, whole eggs, and salt. Add to skillet; stir and cook for 5 minutes or until eggs are cooked through.
 8. Top with cheese and salsa. Serve immediately with warm tortillas.
- 1 medium bell pepper**
 - Nonstick cooking spray**
 - 1 cup chopped onion**
 - ½ cup cleaned and chopped fresh nopales**
 - ½ cup chopped tomato**
 - ½ teaspoon chili powder**
 - 6 egg whites**
 - 2 whole eggs**
 - ¼ teaspoon salt**
 - 8 (6-inch) corn tortillas, warmed***
 - ¼ cup shredded, reduced fat Cheddar and Monterey Jack (Mexican blend) cheeses**
 - ½ cup salsa**

**To warm tortillas, place on a hot skillet for 1 minute on each side. Or place tortillas on a large plate and top with a damp paper towel. Microwave on high for 2 minutes or until tortillas are warm.*

tip: Use a vegetable peeler to scrape away the needles of the cactus leaves.

