

INGREDIENTS: 9

# Chilaquiles with Eggs and Chorizo

LEVEL INTERMEDIATE | TIME 35 MINUTES | CALORIES 180



This is a fun and very tasty version and you can add red enchilada sauce, too!

## Ingredients

- 1 cup homemade enchilada sauce for topping (the sauce can be omitted)
- ½ tablespoon canola oil
- ½ cup diced red onion
- 1 cup turkey chorizo crumbles
- 6 small corn tortillas, cut in triangles
- 1 cup chopped, seeded green or red bell pepper
- 6 medium eggs
- ¼ cup crumbled queso fresco
- Cilantro leaves, for garnish

## Step by step

### Step 1

1. In a large frying pan, heat oil on low/medium heat.

### Step 2

1. Add onion and sauté until translucent.

### Step 3

1. Add chorizo and cook until almost done. Add tortilla pieces and sauté until they are limp.

#### Step 4

1. Add bell peppers and continue to sauté for 5 minutes.

#### Step 5

1. Whisk eggs and pour into skillet; stir with a spatula to make scrambled eggs.

#### Step 6

1. Use cilantro and queso fresco to garnish.

**Serving Suggestions:** Pour warm enchilada sauce on top.

**Note:** You can add the sauce to the chilaquiles as they are cooking as well. Serve with 2 or 3 slices of avocado, orange and pineapple.

## Nutrition Information

Total grams per serving: 160 g; Calories 180; Total Fat 9 g (Sat 2.5 g, Trans 0 g, Poly 1.2 g, Mono 2.6 g); Cholesterol 170 mg; Sodium 380 mg; Total Carbohydrates 13 g; Dietary Fiber 1 g; Total Sugars 3 g; Protein 11 g; Vitamin D 0 mg; Calcium 78 mg; Iron 1 mg; Potassium 134 mg. One serving = 1/6th of the platter.