

Spinach and Avocado Breakfast Tacos



What you need:

2 Corn tortillas / $\frac{1}{2}$ tsp olive oil / $\frac{1}{2}$ cup spinach leaves

Large egg / Salt and pepper / $\frac{1}{2}$ avocado cut into small pieces

Optional: hot sauce and sliced scallions

To make:

Toast the corn tortillas in a skillet or directly over a gas burner or microwave wrapped in a wet paper towel. Heat a cast iron skillet over medium heat. Add the olive oil to cover the bottom of the pan. Cook the spinach. Add in the remaining olive oil and then the beaten egg.

Sprinkle with salt and pepper. Let the eggs cook for about 30 seconds without stirring. Stir gently for about a minute until the egg is cooked. Remove from the heat. Divide the egg and spinach mix among the two tortillas. Top with avocado, scallions, and hot sauce. You can even add some sour cream, tomatoes, or whatever other toppings you enjoy.