

Vegetable Breakfast Tacos



What you need:

½ cup of any type of vegetable such as cauliflower, broccoli, cabbage, spinach, corn, etc.

2 eggs

2 ounces shredded cheese

Tortillas

Fresh herbs for garnish

½ cup of avocado slices

Hot sauce

Salt and pepper

How to make:

Place the vegetables in a pan with some oil and heat up over medium heat until warmed. Scramble the eggs in a bowl with some water or some milk. Add the eggs to the pan with the veggies and cook over low heat. Stir constantly until the egg curds are set. Add in some salt and pepper to taste. Remove the pan from the heat and then add in the cheddar cheese until it is melted.

Warm tortillas by cooking them for 20 seconds on each side. Divide the eggs and vegetables among the tortillas and top each with fresh herbs such as cilantro and scallions. Add some avocado and some dashes of hot sauce.