# AMERICAN EGG BOARD - Jacinta

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| **SUNNY STACKED TORTILLA’S** |

**Prep Time: 20 minutes**

**Cook Time: 10 minutes**

**Makes: 4 servings**

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| **WHAT YOU NEED** |

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| **6** | **EGGS** |
| **1/4** | **cup buttermilk, sour cream or milk**  **Cooking Spray** |
| **1/2** | **cup chopped green onions** |
|  | **Salt & pepper (optional)** |
| **3** | **flour tortillas (9-inch)** |
| **1-1/2** | **cups shredded Mexican four cheese blend** |
| **1** | **cup chopped ham or cooked, crumbled bacon (optional)** |
|  | **Chopped cilantro (optional)** |
| **1** | **cup salsa** |

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| **HERE'S HOW** |

1. **HEAT** oven to 375°F.
2. **BEAT** eggs and buttermilk in medium bowl until blended.
3. **SPRAY** large nonstick skillet with cooking spray; **HEAT** over medium heat until hot**. POUR IN** egg mixture. As eggs begin to set, **GENTLY** **PULL** the eggs across the pan with an inverted turner, forming large soft curds. **CONTINUE** cooking – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains. ***Do not stir constantly.*** **REMOVE** from heat.
4. **SPRAY** bottom of 9-inch pie plate with cooking spray. Place one tortilla on the bottom. **TOP** with half of the scrambled eggs, ½ cup cheese and if desired, ½ cup ham. **TOP** with another tortilla and repeat layers of eggs, cheese and if desired, ham. **TOP** with remaining tortilla and cheese. **BAKE** in 375°F oven until cheese is melted and the dish is heated through, about 10 minutes. **SPRINKLE** with cilantro; **CUT** into 4 wedges. **SERVE** with salsa.

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| **ENJOY** |

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| **INSIDER INFORMATION** |

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| **NUTRITION INFORMATION** |

**Nutrition information per serving (1/4 of recipe):** *449* calories; 25 g total fat; 11 g saturated fat; 2 g polyunsaturated fat; 5 g monounsaturated fat; 318 mg cholesterol; 1,109 mg sodium; 34 g carbohydrate; 3 g dietary fiber; 25 g protein; 1,113.1 IU Vitamin A; 61.7 IU Vitamin D; 97.3 mcg folate; 453.4 mg calcium; 3.5 mg iron; 202.8 mg choline.

This recipe is an ***excellent* source** of protein, Vitamin A, folate, choline, calcium, and a ***good* source** of fiber, Vitamin D and iron.