

Breakfast Fajitas

Nutrition Facts	
Serving Size 207 g (1 Fajita)	
Amount Per Serving	
Calories 314	Calories from Fat 173
% Daily Value*	
Total Fat 19.2g	
30%	
Saturated Fat 9.0g	45%
Cholesterol 403mg	134%
Sodium 519mg	22%
Total Carbohydrates 15.8g	5%
Dietary Fiber 2.4g	9%
Sugars 3.5g	
Protein 20.7g	
Vitamin A 21% Vitamin C 22% Calcium 30% Iron 13% Nutrition Grade B	
* Based on a 2000 calorie diet	

1/8 cup chopped green pepper
 1/8 cup chopped red bell pepper
 1/8 chopped onion
 4 eggs
 1/8 teaspoon hot sauce
 1/8 cup milk
 1/2 cup cheddar cheese
 2 tortillas, 8 inch
 1/4 cup Salsa

1. Sauté vegetables in large frying pan with 1 teaspoon butter until soft.
2. Beat eggs, seasoning, hot sauce, and milk with a whisk or fork until well blended.
3. Scramble eggs with vegetables while cooking until semi-firm.
4. Add 1/4 cup of the cheese and cook until melted.
5. Warm the tortillas by placing in a microwave for 25 seconds.
6. Place 1/2 of the scrambled egg mixture in each tortilla and roll up.
7. Top each fajita with the remaining cheese and heat in the microwave until the cheese melts. Serve with salsa on the side.