

Open-Face Blue Corn Tortilla Breakfast Tacos



*Yields: 4 Servings

Quick and easy breakfasts don't have to be boring all the time. These delicious open-faced tacos will have your belly, wallet, and diet thanking you all at once. They're packed with protein from the eggs and cheese, along with plenty of healthy fats from the sliced avocado and olive oil. The spinach is high in antioxidants and other minerals, while the fresh flavor from the pico de gallo brightens up the dish

altogether. Meanwhile, the minced garlic acts as an anti-inflammatory and is an overall boost to the immune system. These are so easy to make, and most of the listed ingredients are very cost-friendly. This well-balanced breakfast is the perfect way to start your day and will quickly become a staple in your regular diet.

Ingredients:

- 1 cup blue corn flour
- ¼ cup soft red winter wheat flour
- ¾ cup warm water
- 4 large eggs
- 2 tsp. Olive oil
- 2 tsp. Garlic cloves, minced
- 4 cups baby spinach leaves
- 1 oz. mexican blend shredded cheese
- 2 tbsp. Pico de gallo
- ½ avocado
- Cooking spray as needed
- Salt and pepper as needed

Instructions:

1. In a large mixing bowl, mix blue corn flour, red winter wheat, and water (with hands) until it forms a dough. Divide dough into 4 equal parts, and roll out to form ball-shape pieces. Center each ball between two pieces of thick plastic, and press in a tortilla press (can use a glass pie plate also). Place tortillas in a hot skillet and cook each side for about 30-45 seconds. Wrap in a towel and set aside.
2. In a separate bowl, beat eggs and season with salt and pepper as desired. Coat non-stick saute pan with cooking spray and

place over medium heat. Add eggs and scramble. Remove from heat and sprinkle shredded cheese on top; keep warm.

3. Place second medium non-stick saute pan over medium heat, add olive oil and minced garlic; saute for about 1 minute. Add spinach and toss until it is dark green and slightly wilted.
4. Place tortillas on a flat work surface. Divide scrambled egg evenly among tortillas, and layer with sauteed spinach. Finish each with a spoonful of pico de gallo and top them off with a few thin slices of avocado; serve immediately.

See nutrient analysis below



