

Tex-Mex Scrambled Eggs and Veggies (Migas)



Our version of the traditional Tex-Mex breakfast scramble with crunchy tortilla strips, onions, tomatoes, and peppers has only 229 calories per serving, and the servings are hearty. Perfect for brunch!

Total Time: 29 min. | **Prep Time:** 10 min. | **Cooking Time:** 19 min. | **Yield:** 2 servings

Ingredients:

- 2 large eggs
- 4 large egg whites
- 1½ tsp. olive oil
- 2 (6-inch) corn tortillas, cut into strips
- ¼ medium onion,chopped
- ¼ medium bell pepper, chopped
- ¼ medium tomato, chopped
- ½ oz. shredded cheddar cheese (2 Tbsp.)

Preparation:

1. Combine eggs and egg whites in a medium bowl; whisk to blend. Set aside.
2. Heat oil in medium nonstick skillet over medium-high heat.
3. Add tortillas; cook, stirring occasionally, for 3 to 4 minutes, or until crisp. Remove tortillas from pan.
4. Add onion and bell pepper; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
5. Add tomato; cook for 3 to 4 minutes.
6. Add egg mixture; cook, stirring frequently, for 3 to 4 minutes, or until eggs are almost set.
7. Add tortillas and cheese; cook, for 1 to 2 minutes or until cheese is melted.

Nutrition Facts

Amount Per Serving	
Calories	229
Total Fat	11 g
Saturated Fat	4 g
Cholesterol	193 mg
Sodium	237 mg
Total Carbohydrate	14 g
Dietary Fiber	2 g
Sugars	3 g
Protein	17 g

Portions (per serving)

P90X® + P90X2®		
¼ Carb/Grain	1 Protein	½ Fat
P90X3®		
½ Carb	1 Protein	2 Fats
Body Beast®		
½ Starch	2 Proteins	2 Fats
21 Day Fix®		
½ Yellow	½ Red	½ Blue