

SOUTHWEST TORTILLA BAKED EGGS

These southwest inspired tortilla baked eggs make an easy and delicious weekend breakfast with plenty of room for customization!

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SERVINGS 2

PREP 10 mins

COOK 20 mins

TOTAL 30 mins

INGREDIENTS

- 1/2 Tbsp olive oil (\$0.09)
- 1 8" flour tortilla (\$0.14)
- 1/2 cup shredded cheddar cheese (\$0.50)
- 1/4 red bell pepper (\$0.28)
- 2 Tbsp diced green chiles (\$0.25)
- 4 large eggs (\$0.92)
- 1/8 tsp salt (\$0.02)
- 1/8 tsp pepper (\$0.02)
- 2 Tbsp salsa (\$0.13)
- 1 green onion, sliced (\$0.06)

INSTRUCTIONS

1. Preheat the oven to 350°F. Brush the olive oil over the inside surface of a circular baking dish.
2. Press the tortilla down into the baking dish so that the edges fold up the sides of the dish. It may help to microwave the tortilla for a few seconds first to make it more pliable.
3. Sprinkle 1/2 of the shredded cheddar into the bottom of the tortilla. Dice the bell pepper and add it on top of the cheese along with the diced green chiles.
4. Crack four eggs into the dish on top of the vegetables and cheese. Season with a pinch of salt and pepper.
5. Top with the remaining shredded cheese.



6. Bake the eggs for about 20 minutes, or until the whites are set and the yolks are still a bit liquid. You can shake the dish a bit to easily see how much the eggs are set.
7. After baking, spoon a couple tablespoons of salsa over the tortilla baked eggs and sprinkle the sliced green onion over top.
8. Loosen the tortilla by sliding a knife around the edge between the tortilla and dish, then slide the tortilla baked eggs out of the dish and use a large knife to cut it into quarters. Serve hot and enjoy!

NUTRITION

SERVING: 0.5 RECIPE

CALORIES: 371.7 KCAL

CARBOHYDRATES: 15.55 G

PROTEIN: 22.05 G

FAT: 24.5 G

SODIUM: 902.6 MG

FIBER: 1.6 G

Nutritional values are estimates only.

Source: Southwest Baked Eggs. (n.d.) Budget Bytes. Retrieved October 19, 2022 from <https://www.budgetbytes.com/southwest-tortilla-baked-eggs/>