

BEYOND HUNGER

Chilaquiles

This is a traditional Mexican breakfast that's very easy to make. You can make this recipe a full, well-balanced meal by adding eggs, your favorite cheese, avocado, or some of your favorite veggies. Have fun customizing this dish!

Yield: 4 servings

Ingredients:

- 12 **corn tortillas**, quartered or cut into 6 wedges
- **corn oil**, or other neutral oil for frying
- **salt** (dash)
- **pepper** (dash)
- 1 cup **red chile sauce** or salsa verde, store-bought or homemade
- 4 **eggs**
- chopped **cilantro**, for garnish

Instructions:

- 1) Pour a generous amount of oil in a large sauté pan and heat on medium high to high.
- 2) When the oil is hot, add the tortilla quarters and fry until golden brown. Remove tortillas to a plate that is lined with paper towels (to soak up excess oil). Sprinkle a little salt on the tortillas, if desired.
- 3) Once tortillas are removed, add the eggs to the hot pan and let cook until yolk is set (2-3 minutes). Remove egg from pan and set aside.
- 4) Add 1 tablespoons of oil to pan. Add the salsa to the pan and let cook for 4-5 minutes.
- 5) Add the fried tortilla quarters to the salsa. Gently turn over the pieces of tortilla until they are all well coated with salsa. Let cook for a few minutes. Remove from heat and serve chilaquiles with cilantro garnish and topped with eggs.

Per Serving: Calories 306, Protein 10.9g, Saturated Fat 2.9g, Sodium 910 mg, Fiber 5.4 g, Sugars 2.1g

This recipe was adapted from <https://www.simplyrecipes.com/recipes/chilaquiles/>