



Breakfast Taquitos

A great breakfast recipes to save left overs for the busy work week. Have a breakfast taquito on the run. This simple recipe is great for breakfast or a snack on the go.

Prep Time: 10 min

Cook Time: 30 min.

Ready In: 40 min.

Serving Size: 10 servings

Ingredients

- ✓ 5 large eggs
- ✓ 1 cup of shredded mozzarella cheese (or cheese of choice)
- ✓ 10 white corn tortillas
- ✓ 10 links of turkey sausage (or regular sausage if preferred)
- ✓ 1 cup of baby spinach (optional)

Directions

1. Cook sausage links in a large skillet over medium heat. Cook, turning occasionally until cooked completely through, about 10-15 minutes. Once cooked remove from pan and set aside on a small plate.
2. Meanwhile preheat oven to 425 degrees F.
3. Beat eggs in a bowl and add a splash of water. Cook eggs and spinach in pan scrambling as cooked, 3-5 minutes or until scrambled eggs are no longer runny.
4. Warm 1- tortillas in microwave for roughly 10 seconds. Add shredded cheese, eggs and 1 link of sausage to each tortilla, then roll up and place the seam side down on a baking sheet lined with foil or parchment paper.
5. Bake at 425 degrees F for 15 minutes or until golden brown.

Nutrition

Amount per serving

- ❖ Calories: 295
- ❖ Total Fat: 17 g
- ❖ Total Carbs: 12 g
- ❖ Protein: 23 g
- ❖ Cholesterol: 153 mg
- ❖ Sodium: 793 mg
- ❖ Potassium: 49 mg