



Huevos Rancheros

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| 4 corn tortillas | 1 tsp. ground cumin |
| 1 - 15 ounce can diced, fire roasted tomatoes, drained | 4 large eggs |
| ¼ cup onion, minced | ¼ cup part-skim mozzarella cheese, shredded |
| ¼ cup cilantro, chopped | |

Directions

1. Heat oven to 425 degrees Fahrenheit.
2. Spray medium skillet with cooking spray. Add tomatoes, onion, and cumin to skillet. Bring to a boil, cover and turn down to simmer for about 5 minutes or until mixture starts to thicken.
3. Crack egg into a cup and gently slide into simmering mixture. Continue with remaining eggs. Cover and simmer gently until whites are set and yolks start to thicken, about 3 minutes.
4. Place corn tortillas on baking sheet and bake for about 3 minutes on each side. Remove from oven and place each tortilla on a plate.
5. Divide tomato and egg mixture over the four corn tortillas. Top with cheese and cilantro.

Yield: 4 servings

NUTRITION FACTS (per serving) - 193 calories, 8 g total fat, 3 g. saturated fat, 195 g. cholesterol, 400 mg. sodium, 11 g protein, 17g total carbohydrate, 2.6 g fiber