

STEAK AND EGGS BREAKFAST TACOS

Total preparation & cooking time: 25 minutes



- 1 boneless beef top sirloin steak, cut 3/4 inch thick (about 3/4 pound)
- Salt
- 2 teaspoons vegetable oil
- 6 eggs, beaten or 1-1/2 cups egg substitute
- 6 flour tortillas (6-inch diameter), warmed
- 6 tablespoons shredded reduced-fat Cheddar cheese
- 6 tablespoons prepared guacamole
- 6 tablespoons prepared salsa
- 6 tablespoons light sour cream

1. Heat large, heavy nonstick skillet over medium heat until hot. Season beef steak with salt, as desired. Place beef in skillet. Pan-broil 10 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove beef from skillet. Set aside; keep warm.
2. Heat oil in same skillet over medium heat until hot. Add eggs and cook until set, stirring occasionally; keep warm.
3. Carve steak into thin slices. Top each tortilla with equal amounts of eggs and steak and 1 tablespoon each of cheese, guacamole, salsa and sour cream. Serve immediately.

Makes 6 servings.

Nutrition information per serving (6 eggs): 313 calories; 15 g fat (5 g saturated fat; 6 g monounsaturated fat); 231 mg cholesterol; 504 mg sodium; 19 g carbohydrate; 1.7 g fiber; 25 g protein; 4.8 mg niacin; 0.4 mg vitamin B₆; 1.2 mcg vitamin B₁₂; 2.8 mg iron; 38.7 mcg selenium; 3.5 mg zinc; 183.2 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, selenium, zinc and choline; and a good source of vitamin B₁₂ and iron.

Nutrition information per serving (1-1/2 cups egg substitute): 271 calories; 10 g fat (4 g saturated fat; 4 g monounsaturated fat); 45 mg cholesterol; 553 mg sodium; 20 g carbohydrate; 1.7 g fiber; 24 g protein; 4.9 mg niacin; 0.4 mg vitamin B₆; 1.0 mcg vitamin B₁₂; 3.1 mg iron; 48.2 mcg selenium; 3.4 mg zinc; 59.2 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, selenium and zinc; and a good source of vitamin B₁₂, iron and choline.



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