

## Breakfast Tacos

### Ingredients

- 4 large eggs
- 1 Tablespoon mild salsa
- 1 Tablespoon shredded cheddar cheese
- 8 Taco-size corn tortillas
- Cooking Spray or 1 teaspoon vegetable oil

### Supplies

- Medium bowl
- Small bowl
- Fork or whisk
- Medium sauté or fry pan with lid
- Rubber spatula or wooden spoon
- Tongs or fork
- Baking pan or sheet
- Stove, Oven, or Toaster Oven
- Oven mitts
- Serving plate

### Steps

1. Preheat oven to 350°F.
2. Crack eggs.
3. Mix eggs.
4. Add salsa to eggs.
5. Spray pan.
6. Heat pan to medium.
7. Put egg-salsa mixture in pan.
8. Stir and cook.
9. Turn off heat.
10. Sprinkle cheese onto eggs.
11. Cover the pan.
12. Put tortillas on baking sheet.
13. Cook tortillas in oven for 5 minutes.
14. Divide eggs into 8 pieces.
15. Put 1 piece of egg mixture into 1 tortilla. Repeat to make 8 tacos.
16. Serve with fruit

Now that we have all of our ingredients and supplies ready, let's cook!

- Set your oven or toaster oven to 350 degrees Fahrenheit. When your oven reaches that temperature, you can start the eggs.
- One by one, crack the eggs on the counter or on the edge of the bowl and then put the liquid part of the egg in the bowl. Put the shell in the food scrap bowl.
- Use your fork or whisk to mix up the eggs so the yolks (the yellow part) and the whites (the clear part) mix well and the whole mixture is yellow in color.
- Add the salsa to the egg mixture. It will turn a pinkish-red color now.
- Lightly spray your pan. If you don't have the spray, put 1 teaspoon of oil in the pan instead. This keeps the eggs from sticking to the pan.
- Put the pan on the burner and turn it to medium heat.
- Hold your hand over the pan but don't touch it or the oil! If it feels warm to you, it is ready.
- Pour the eggs into the pan. Stir occasionally with the spatula or wooden spoon. If eggs are turning brown, turn down the heat to medium-low.
- When the egg mixture is no longer runny, turn off the heat.
- Sprinkle the cheese on top of the eggs in the pan. Then, cover the pan with the lid or the aluminum foil. This will help the cheese to melt.
- While the cheese is melting, toast the corn tortillas in the oven. Place the corn tortillas on the baking sheet or aluminum foil in a single layer. Put in the oven and cook for 5 minutes or until browned around the edges but not burned. We're just warming them up a bit.
- Divide the eggs into 8 pieces. An easy way to do this is to spread the mixture out evenly in the pan and "cut" it into 8 pieces like a pie. This makes 8 equal pieces.
- Put 1 piece of the egg mixture in each of the 8 tortillas to make 8 tacos. Each person gets 2 tacos.
- Enjoy your tacos with a piece of fruit to make a complete breakfast.