



# EZ EGG TOSTADA RECIPE

## INGREDIENTS

- 1 tortilla (flour, corn, whole wheat, or gluten-free)
- 1/4 can of beans, drained and rinsed if needed (black or refried)
- Drizzle of heat-safe oil
- Optional chopped veggies (peppers, onions, etc)
- Sprinkle of shredded cheese
- 1 egg
- A scoop of your favorite salsa
- handful of spring mix, lettuce, or other green

Optional toppings: avocado/ guacamole, cilantro, pickled jalapeno slices, yogurt or sour cream

## DIRECTIONS

1. Toast tortilla under preheated broiler for about 1 minute, watching carefully because it can burn quickly!
2. Top with cheese and broil for another 30 seconds
3. Heat oil in a frying pan and warm up veggies and beans
  - a. (add spices such as cumin or paprika if you like)
4. Push veggies/ beans to the side and heat another drizzle of oil.
5. Crack an egg into the hot pan, and cook to desired firmness.
6. Layer cheesy tortilla with beans, veggies, and fried egg.
7. Top with salsa, salad mix, and other favorite toppings.

1/11

# Let's do Lunch



DOUBLE  
IF YOU'RE  
HUNGRY!