Better Breakfast Tostada with Avocado and Eggs

These tostadas — made with corn tortillas that can be baked a day in advance — are a tasty option for a weekend breakfast or brunch. They come together easily enough, so you can even make them for a satisfying weekday breakfast.

Ingredients

Servings 4 **Serving Size** 1 tostada

- Cooking spray
- 4 6-inch corn tortillas
- 1 tablespoon canola oil
  OR
- 1 tablespoon corn oil
- 1 medium red bell pepper (finely diced)
  OR
- 1 medium green bell pepper (finely diced)
- 1/2 cup diced red onion
- 1 medium tomato (diced)
- 2 ounces fat-free cream cheese (cut into pieces)
- 2 large eggs
- 2 large egg whites
- 1 medium avocado (halved, pitted, mashed with a fork)
- 1/4 cup chopped, fresh cilantro (optional)
- 2 teaspoons chopped pickled jalapeños (drained)

Directions

Tip: Click on step to mark as complete.

1. Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
2. Arrange the tortillas in a single layer on the baking sheet. Lightly spray the tortillas with cooking spray. Bake for 6 to 7 minutes on each side, or until golden brown.
3. In a medium nonstick saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the bell pepper and onion for 5 to 7 minutes, or until the bell pepper is tender and the onion is soft, stirring occasionally. Cook the tomato for 2 to 3 minutes, or until it releases its liquid. Stir in the cream cheese. Cook the vegetable mixture for 2 to 3 minutes, or until the cream cheese has melted. Remove from the heat. Transfer the bell pepper mixture to a small bowl.
4. In a separate small bowl, whisk together the eggs and egg whites with a fork.
5. Wipe the pan with paper towels. Lightly spray the pan with cooking spray. Cook the egg mixture over medium-high heat, or until the eggs are scrambled, stirring constantly. Remove from the heat.
6. Spread the avocado over each tortilla. Top with the vegetable mixture and scrambled eggs. Garnish with the cilantro and jalapeños.

Quick Tips

Cooking Tip: The tortillas can be baked and stored in an airtight container for up to two days.

Keep it Healthy: Using a combination of whole eggs and egg whites for scrambled eggs is a good way to lower the saturated fat in the dish without sacrificing flavor. A small amount of fat-free cream cheese adds creaminess.

Tip: Triple the amount of vegetables in the recipe. That way, you'll have plenty available to combine with whole-wheat pasta or ground skinless turkey breast for a quick lunch or dinner.

Nutrition Facts

Better Breakfast Tostada with Avocado and Eggs

Calories

226 Per Serving

Protein

10g Per Serving

Fiber

6g Per Serving

Nutrition Facts

Calories	226
Total Fat	14.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	8.0 g
Cholesterol	96 mg
Sodium	227 mg
Total Carbohydrate	17 g
Dietary Fiber	6 g
Sugars	4 g
Protein	10 g

Dietary Exchanges
1/2 starch, 2 vegetable, 1 lean meat, 2 fat