



Sparkle Kitchen

Breakfast Tacos

Ingredients

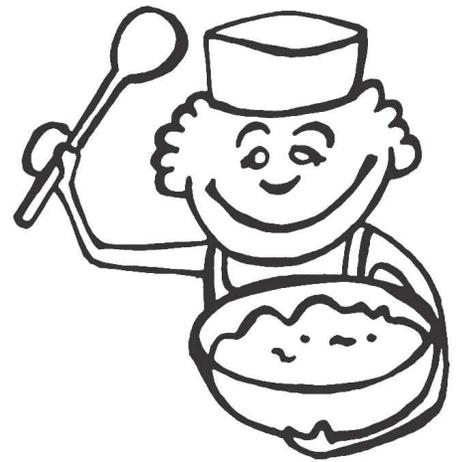
- scrambled eggs
- home fries
- grated cheese
- pico de gallo
- salsa, either fresh or store bought
- refried beans
- breakfast sausage
- sliced avocado

For more vegetarian options, include:

- tofu scramble
- pinto or black beans
- veggie sausage
- freshly grated zucchini or yellow squash (my favorite addition)
- or pan fried zucchini or yellow squash
- green onions

And if you're a real meat-eater, try

- bacon
- chorizo (mexican sausage)
- carne guisada (mexican beef stew)



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Continued.....

Directions

Very important: how you heat your tortillas. You want the tortillas to be warm and soft. A dry, tough corn tortilla can be like shoe leather! So this is important stuff.

The very best way to do this: take a cast-iron or heavy skillet and heat it thoroughly on a medium-high flame without oil. You want the pan to be dry and very hot. Lay a tortilla in the pan, and allow it to heat for 20-30 seconds, and then use a spatula to flip. Heat the second side. Sometimes our pan smokes just a bit, but we're okay with that (as long as we're not cooking in oil). Place the heated tortilla between two plates or cover it with a clean dishtowel, and warm the next tortillas in the same fashion. Make sure the heated tortillas remain covered until serving.

(What do I do when I'm short on time? I pop them into the toaster for a bit — watching them until they get limp and soft. They're not as moist and soft as heating in the pan, but they're not bad! David likes to put them on a baking sheet, cover them very tightly with foil, and put them in a hot oven — say 400 degrees — for 4-5 minutes until they are steaming.)

Now it's time to serve! Take a warm tortilla and fill it with breakfast goodies, being sure not to overfill. Fold or wrap the tortilla and enjoy! (And be sure there's a plate to catch any little bit of egg or potato that wants to jump out the backside!)

Enjoy!