



Sparkle Kitchen

Martin & Sylvia's Migas

Ingredients

1 small onion, diced
1 small red pepper, diced
3 tablespoons cilantro, chopped
1 cup corn chips
6 eggs, whisked
2 tablespoons olive oil
sea salt

Directions

Heat the olive oil in a large frying pan or skillet over medium heat. When the oil is rippling and hot, add the diced onions and pepper along with a pinch of salt. Fry until the onions become translucent and the peppers and onions start to brown, about 5 minutes. Then add the whisked eggs and begin to fold together. Immediately after adding the eggs, add the corn chips and fold in. (If the corn chips are really large, you may want to crush them carefully into smaller pieces before adding.)

Cook gently, turning with a spatula, until the eggs are firm but not brown. Add salt to taste (although be warned: the corn chips do add their own salt).

Serve with a sprinkle of cilantro, a serving of beans, and some salsa.

Buen provecho, amigos!