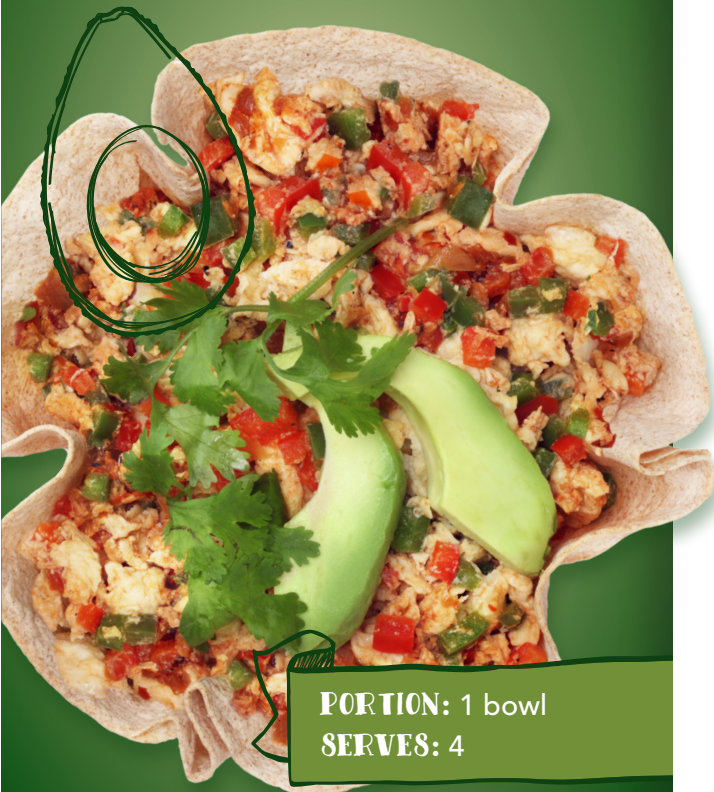


HUEVOS Avo-Cheros CRUNCH BOWL



PORTION: 1 bowl
SERVES: 4

SUPERFOOD

INGREDIENTS

4 ea Whole Wheat Flour Tortilla, 10"

3/4 cup Lime Juice

1 tsp Franks Original Hot Sauce

2 1/2 oz Dried Guajillo Chili Peppers

1/4 cup Garlic Cloves, Peeled

3/4 cup Onions, Chopped

4 ea Beaten Eggs

1 spray Cooking Spray

1 cup Diced Green Bell Peppers

1 cup Diced Red Bell Peppers

1/4 cup Fresh Cilantro, Chopped

1 1/4 cup Sliced Avocado

METHOD

1. Make the Tortilla Bowl: Place each tortilla inside a 6" oven-proof bowl, folding where necessary to form a bowl-shaped vessel. Bake tortillas in a 350F oven until golden and crispy, about 6 minutes. Remove tortilla from bowl as soon as possible. Set aside to cool.
2. Make the Guajillo Salsa: In dry pan or skillet, toast deseeded guajillo peppers with onion and garlic until charred, 6-8 minutes. Reserve onions and garlic. Rehydrate guajillos in enough warm water to cover the peppers entirely for 15 minutes. Strain peppers, reserving the liquid for later use. Blend guajillos, garlic and onions until well combined, using the reserved liquid if needed no more than 1 Tbsp at a time. Combine with lime juice and red hot sauce. Mix thoroughly.
3. Scramble the Eggs: Heat a non-stick pan over medium heat and spray with cooking spray. Add the bell peppers and allow to seat. Add the eggs and stir. Cook the eggs until internal temperature reaches 145F.
4. Assemble: Place eggs in the tortilla bowl and top with guajillo salsa and fanned sliced avocado. Garnish with chopped cilantro.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
440	17g	3.5g	62g	16g	52g	590mg