



### Quick Breakfast Taco

2 whole grain corn tortillas (.5 oz. each)

1 Tbsp. salsa

2 tsp. shredded reduced fat cheddar cheese

2 eggs scrambled

1. Top the tortilla with salsa and cheese. Heat in microwave until cheese is melted about 30 seconds.
2. Meanwhile, coat small non-stick skillet with cooking spray. Heat over medium heat. Add eggs. Stir until cooked thorough. Divide the egg between the 2 tortillas.

**Yield:** 2 servings

**Serving Size:** Each serving provides a meat/meat alternate and a grains/bread at lunch/supper for children 3-5 years.