

Heart-healthy Vegetable Migas

Migas is a popular Tex-Mex breakfast dish consisting of corn tortilla strips fried or grilled until almost crispy. The tortillas are then mixed with eggs and other ingredients such as onions, peppers, tomatoes, cheese, and salsa. The saturated fat, cholesterol, and sodium levels keep traditional *migas* off our heart-healthy menu, but this lightened-up version is a delicious and healthy way to incorporate vegetables into breakfast (or any meal of the day!).

Traditional restaurant migas

Nutrition Facts
Amount Per Serving
Calories 1120
Total Fat 82 g
Saturated Fat 24 g
Cholesterol 765 mg
Sodium 2000 mg
Total Carbohydrate 56 g
Dietary Fiber 7 g
Sugars 6 g
Protein 42 g

Heart Protection Kitchen migas

Nutrition Facts
Amount Per Serving
Calories 362
Total Fat 14 g
Saturated Fat 4 g
Cholesterol 194 mg
Sodium 517 mg
Total Carbohydrate 33 g
Dietary Fiber 6 g
Sugars 9 g
Protein 28 g

Vegetable Migas

Makes 4 servings

Ingredients

- 4 large eggs
- 15 egg whites (or 2 cups liquid egg whites)
- 1 tablespoon soft margarine (such as Smart Balance)
- 1 medium onion, diced
- 1 bell pepper (red, yellow, or green, or a variety), seeded and diced
- 1 zucchini, diced
- 1 cup baby spinach
- 8 corn tortillas, chopped into 1-inch squares
- Pinch of salt
- Ground black pepper, to taste
- ½ cup reduced-fat 2% shredded mozzarella
- ½ avocado, diced
- ½ cup low-sodium salsa (such as Trader Joe's Fire-Roasted Tomato Salsa)

Preparation

In a large bowl, add the eggs and egg whites and whisk to combine; set aside.

Place a large (12- to 14-inch) nonstick sauté pan over medium-high heat for several minutes to preheat. Add the margarine, onion, bell pepper, and zucchini, and sauté, stirring occasionally, for about 5 minutes or until softened. Add the spinach and tortillas, and continue to cook, stirring occasionally, until the tortillas become slightly golden and the onion begins to caramelize, 3 to 5 minutes more. Season with salt and pepper.

Pour the eggs into the onion-tortilla mixture and cook, stirring occasionally with a heatproof rubber spatula, until the eggs are almost fully cooked but still a little wet. Add the cheese and stir to combine until the eggs are fully cooked.

Divide the eggs among serving plates and top with avocado and salsa. Serve with fruit and/or beans.

Nutrition Facts	
Amount Per Serving	
Calories 362	
Total Fat 14 g	
Saturated Fat 4 g	
Monounsaturated Fat 4 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 194 mg	
Sodium 517 mg	
Potassium 699 mg	
Total Carbohydrate 33 g	
Dietary Fiber 6 g	
Sugars 9 g	
Added Sugars 0 g	
Protein 28 g	
Vitamin A	31%
Vitamin C	72%
Calcium	19%
Iron	14%