Breakfast, Latin American

Cheesy Green Chile Skillet Eggs

Eggs are gently stirred until just set in a skillet, then layered with green chiles, cheddar, black olives, tomato, avocado, and cilantro and covered until the cheese melts. A quick skillet meal with lively Mexican flavors.



Vegetarian

10 min	160	8 g	3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 tsp canola oil
- [ ] 1 1/2 cup egg substitute
- [ ] 1 can canned green chiles (4.5 oz, chopped, drained)
- [ ] 1/3 cup cheddar cheese (shredded, reduced-fat, sharp)
- [ ] 1 (2.25-ounce) can black olives (sliced, drained)
- [ ] 1/2 cup tomato(es) (diced)
- [ ] 1 med avocado (ripe, peeled, pitted, and chopped)
- [ ] 1/4 cup fresh cilantro (chopped)

Method

- [ ] **1** Warm 1 tsp canola oil in a medium nonstick skillet over medium heat.
- [ ] **2** Add 1 1/2 cups egg substitute and cook for 1 minute, then stir gently until just set and still very wet, and take the pan off the heat.
- [ ] **3** Scatter the chopped drained canned green chiles evenly over the eggs.
- [ ] **4** Sprinkle 1/3 cup shredded reduced fat sharp cheddar cheese on top.
- [ ] **5** Add the drained sliced black olives, then 1/2 cup diced tomato.
- [ ] **6** Arrange the chopped ripe avocado over the top and finish with 1/4 cup chopped fresh cilantro.
- [ ] **7** Cover the skillet and cook over medium low heat for 2-3 minutes, until the cheddar cheese melts.

Nutrition Facts

Per serving

Calories	**160**
Total fat	10 g
Saturated fat	2 g
Sodium	470 mg
Total carbs	8 g
Fiber	3 g
Total sugars	3 g
Protein	13 g

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