Egg-Chilada Recipe

**SERVINGS: 1**

**INGREDIENTS**

1 egg + 1 egg white   
Black pepper and salt to taste   
1 ounce protein of choice (tofu, chicken, or ground beef work well)   
2 tablespoons salsa (such as Tostito’s medium)   
1 tablespoon shredded Mexican blend cheese   
2 tablespoons plain fat-free Greek yogurt

**DIRECTIONS**

1. Scramble the egg and egg white in a small bowl
2. Spray a skillet or griddle with cooking spray and set it over medium heat.
3. Pour the scrambled eggs onto the heated pan and allow it to spread into a generally circular shape.
4. Leave the eggs alone for a minute or two; allowing the edges to set. Add a sprinkle of black pepper and salt to the eggs while they’re setting.
5. Slide a spatula beneath the eggs and flip (don't worry if some egg pours off at this point).
6. Cook eggs on the other side about two minutes or until completely cooked and transfer to a plate.
7. Make a strip of filling for your egg-chilada with 1 oz. protein of choice and Mexican cheese.
8. Roll up the egg “pancake” to form your egg-chilada.
9. Top with salsa and Greek yogurt.

**NUTRITIONAL VALUES**

Serving size: 1 egg-chilada  
Calories: 171  
Carbohydrate: 3 grams  
Fat: 8 grams  
Protein: 23 grams  
Sodium: 432 milligrams  
Sugar: 3 grams