



# HEALTHY COOKING

## The "Baz" Morning Tacos with Charred Salsa

### Ingredients

#### Charred Salsa

10 scallions, cut crosswise into 1/4" slices  
2 limes, cut into quarters  
1 bunch cilantro, chopped  
1/4 cup avocado oil  
Splash of hot sauce

#### Morning Tacos

2 Tbs. olive oil  
1 small onion, finely chopped  
2 red peppers, finely chopped

1 can (15.6 oz.) chick peas, rinsed  
2 jalapeno peppers, thinly sliced  
1 to 2 tsp. ground black pepper  
8 eggs, whisked  
1/2 tsp your choice of vinegar  
Non-fat Greek yogurt  
8 - 10 corn or flour tortillas  
*\*Vegan substitute for eggs*  
1 block silken tofu  
1/2 TBS. turmeric  
2 TBS. nutritional yeast

### Directions

1. Charred Salsa: Over medium heat blister scallions using 1 TBS. avocado oil, turning occasionally in a non-stick 10" sauté pan for 6 to 8 minutes. Transfer to bowl and add cilantro. Wipe out pan. Add 1 TBS avocado oil to pan and add pepitas. Toast pepitas. When the pepitas begin to crack and pop add to scallion mixture. Drizzle in avocado oil and add a few dashes of hot sauce. Stir well. Set aside. For a finer texture pulse in a food processor until desired consistency.
2. Tacos: Heat oil in the same cleaned pan on medium heat. Add onion, red pepper and jalapeno. Sauté 6 to 8 minutes. Add drained chick peas, stirring occasionally for 4 to 5 minutes. Set aside cooked vegetables on a serving platter. *\*If using the vegan substitute add the ingredients now to the pan and let it foam. Crack eggs into a small bowl and add vinegar. Pour egg mixture to pan and turn down to low. Cook eggs until fluffy, barely set, about 2 minutes. Add vegetables to eggs. Garnish with any additional cilantro.*
3. Eat: Heat tortilla over a gas burner on medium heat for 30 seconds a side until the edges are charred. Divide filling into tortillas and top with a dollop of plain Green yogurt.

### Nutritional Information

Calories: 165 | Total Fat: 10 g | Saturated Fat: 2g | Trans Fat: 0g | Cholesterol: 197mg  
Sodium: 192mg | Dietary Fiber: 13.6g | Total Sugar: 5g | Protein: 12g

### Serving Size

1/4 cup red quinoa + 1/4 recipe of Thai red curry cauliflower

### Number of Servings: 4

Prep Time: 10 minutes & Cooking Time: 15 minutes