



Hummus Breakfast Tacos

Yield: 4 servings

Source: www.budgetbytes.com

Ingredients:

- 8 small whole wheat tortillas
- 8 large eggs
- Pepper, to taste
- 1 cup hummus, any variety you like

Optional Toppings

- Cilantro
- Salsa
- Veggies
- Shredded cheese

Directions:

1. Warm or toast tortilla to prevent cracking. In a large bowl whisk eggs.
2. In a medium pan over medium heat, gently scramble eggs. Season with pepper (or other seasonings of choice).
3. While eggs are cooking, spread 2 tablespoons hummus into center of each tortilla. Add scrambled eggs and toppings of choice. Serve immediately.

NOTE: include any vegetables you like and try Mrs. Dash for additional low sodium seasonings. Replace tortillas with large lettuce leaves for lower carbohydrate option.

Nutrition information:

Serving size: 2 small tortillas

Calories: 385

Fat: 21g

Sodium: 805mg

Carbohydrates: 34g

Sugar: 4g

Fiber: 3g

Protein: 22g