

Breakfast Tostados (Masonfit.com)

1½ T. (24g) Olive Oil
4 oz Carrots, peeled & diced
1 Red Bell Pepper, diced
2 Poblano Peppers, diced (optional)
4 oz Mushrooms, diced (optional)
1 t. Salt
1 handful Cilantro, chopped
1 handful Spinach, chopped
2 c. Liquid Egg Whites
½ t. Garlic Powder
½ t. Cumin
¼ t. Black Pepper
2 oz Queso Oaxaca or Monterey Jack Cheese

For the Tostados:

6 baked Tostados (can bake tortillas)
3 oz Queso Oaxaca (or cheese)
3 c. Low Fat Refried Beans or Black Beans (mashed to be like refried beans)

Optional toppings: cilantro, guacamole, salsa or hot sauce, or you choice of toppings.

1. Heat 1 T. (16g) olive oil in a large skillet over medium-high heat. Add the carrots, peppers, mushrooms, and salt. Cook for 8-10 minutes, stirring occasionally, until the carrots are tender. Add the cilantro and spinach. Stir until the spinach wilts, about 30 seconds. Transfer to a bowl and set aside.
2. Reduce the heat to medium and add ½ T (8g) olive oil to the skillet. Add the egg whites and cook to scramble. Once fully cooked, turn off the heat and add the garlic powder, cumin, black pepper, cooked veggies, and 2 oz of cheese. Stir well and set aside.
3. To keep the tostadas crisp, add the tostadas to a baking sheet. Bake in 400° oven for 4-6 minutes until crispy (watch out for too much browning).

4. To assemble, add ½ of refried (or black) beans to each tostada, followed by about 6 oz of the egg white scramble. Top each with ½ oz of cheese. Bake for an additional 6-8 minutes until the cheese is fully melted.
5. Serve with chopped cilantro, guacamole, salsa or hot sauce, or your choice of toppings.