



# BREAKFAST FAJITAS

Get ready for a breakfast fiesta. When your eggs are scrambled and your ham chopped, colorful fajitas will bring fun to the morning sun.

PREP TIME	COOK TIME	TOTAL TIME	SERVES
10 MIN	20 MIN	30 MIN	4 PEOPLE

## INGREDIENTS & INSTRUCTIONS

- 8 oz Frick's ham, diced
- 8 (6 inch) flour tortillas
- 6 eggs
- 1/3 cup cottage cheese
- 3 tsp. fajita seasoning
- 2 Tbsp. canola oil
- 1 yellow onion, sliced
- 3 sweet bell peppers, sliced
- 1 1/2 Tbsp. fresh cilantro, chopped

### STEP 1

Warm tortillas by individually placing them on a cast iron skillet or griddle over medium heat. One side of each should have full contact with the hot surface. Allow them to heat for roughly 30 sec. each side, or until the tortilla starts to bubble. Remove from heat, then repeat as needed until all tortillas have been heated. Place tortillas in a foil wrap to keep them warm.

### STEP 2

In a large bowl, whisk together eggs, cottage cheese & 1 tsp. of fajita seasoning until frothy. Set aside.

### STEP 3

Add 1 Tbsp. canola oil to a cast iron skillet or griddle over medium heat. Add in onions & peppers. Cook, stirring occasionally, until softened & just starting to char, about 8 min. Then toss in ham & 2 tsp. of fajita seasoning. Sauté for roughly 2 more minutes, or until ham starts to brown. Remove from heat, mix in 1 Tbsp. of cilantro, & set aside on a covered pan or plate.

### STEP 4

Reduce heat to low, then heat another Tbsp. of oil in the skillet or on the griddle. Pour in the egg. Lower the heat if you hear a sizzle as the egg meets the pan. Gently shift the egg around the skillet with long strokes of the spatula until no raw egg is flowing onto the surface. Remove from heat when egg is still slightly undercooked, then continue to push & fold the eggs for a few more seconds until the last of the egg has thickened.

### STEP 5

Add scrambled eggs to warm tortillas, then top with the ham & bell pepper mixture. Sprinkle with remaining cilantro to garnish. Serve immediately.