



## SHOPPING LIST

### Ronaldo Linares' Green Vegetable Egg Tortilla with Tomatoes, Cucumbers, and Toast

#### FRESH PRODUCE

- Broccoli crowns - 2
- Cucumber - 2 medium (to serve 4)
- Green onion (scallions) - 2
- Roma tomato - 1
- Spinach, fresh - 1 cup
- Tomatoes - 2

#### BREAD AND GRAINS

- Whole wheat bread - 4 slices (to serve 4)

#### DAIRY AND EGGS

- Eggs - 4
- Milk, fat free - ½ cup

#### CONDIMENTS, SEASONING, AND BAKING NEEDS

- Black pepper, freshly ground
- Cracked black pepper - ¼ tsp.
- Garlic powder - 1 tsp.
- Kosher salt - ½ tsp.
- Oregano - 1 tsp.
- Smoked paprika - ½ tsp.



¼ plate **Green Vegetable Egg Tortilla** (1 serving)

¼ plate **1 slice whole wheat toast**

½ plate **½ cup sliced tomatoes and ½ medium cucumber, sliced with freshly ground black pepper**

#### YOUR PLATE NUTRITION

##### Choices

Starch 1, Nonstarchy Vegetable 2, Medium-Fat Protein 1

Calories	215
Calories from Fat	55
Total Fat	6 g
Saturated Fat	2.3 g
Trans Fat	0.3 g
Cholesterol	185 mg
Sodium	470 mg
Potassium	855 mg
Total Carbohydrate	29 g
Dietary Fiber	5 g
Sugars	9 g
Protein	15 g
Phosphorus	295 mg



## RECIPE



### GREEN VEGETABLE EGG TORTILLA

*By adding lots of greens to your morning, you give your body a great morning power boost. This recipe is a great way to get you through the first part of the day. Breakfast does not always mean going to the drive-thru on your morning commute. Consider this: the time we spend waiting at the drive-thru is time we could be using to make a kick-butt breakfast!*

**Makes:** 4 servings

**Serving Size:** ¼ tortilla

**Preparation Time:** 10 minutes

**Cooking Time:** 20–25 minutes

#### INGREDIENTS

- 2** green onion stalks, finely sliced
- 2** broccoli crowns, finely sliced (about 1 cup)
- ½ cup** cubed Roma tomato (about 1 whole tomato)
- 1 cup** spinach, thinly sliced
- ½ tsp.** kosher salt
- 1 tsp.** garlic powder
- 1 tsp.** oregano
- ¼ tsp.** cracked black pepper
- ½ tsp.** smoked paprika
- 4** whole eggs, whisked
- ½ cup** fat-free milk

#### DIRECTIONS

- 1.** Preheat oven to 350 F.
- 2.** Into a bowl, add the green onion, broccoli, tomato, spinach, salt, garlic powder, oregano, black pepper, and paprika. Toss ingredients well, making sure the greens are well covered with the spices.
- 3.** Preheat an ovenproof nonstick pan over medium heat. Add the vegetables, and sauté until ingredients are cooked through, about 2 minutes.
- 4.** In a medium bowl, add the eggs and milk. Whisk together until combined. Add the egg-milk mixture to the pan, and stir with a wooden or plastic spoon. Make sure the ingredients are evenly spread out. Place the pan in the middle rack of the preheated oven and set the timer for 10 minutes. It's done when you can insert a toothpick in the middle and it comes out clean.
- 5.** Remove the pan from the oven and let it rest on the stovetop for a couple of minutes so the eggs settle and don't fall apart when serving. Cut into quarters and serve.

#### PER SERVING

##### Green Vegetable Egg Tortilla

**Makes:** 4 servings

**Serving Size:** ¼ tortilla

Calories	100
Total Fat	5 g
Saturated Fat	2 g
Trans Fat	0 g
Carbohydrate	7 g
Fiber	1 g
Sugars	3 g
Cholesterol	185 mg
Sodium	340 mg
Potassium	350 mg
Protein	9 g
Phosphorus	165 mg

**Choices:** Starch 0.5, Medium Fat Protein 1