



Huevos Rancheros

Prep: 10 minutes

Bake/Cook: 20 minutes • Serves: 2

- 5 ounces spicy pork and/or beef sausage, casings removed if necessary
- ½ small onion, finely chopped
- ⅛ teaspoon ground cumin
- 1 can (15 ounces) diced tomatoes, undrained
- ¼ cup drained, sliced pickled jalapeño chile peppers
- 4 (6-inch) corn tortillas
- 1 teaspoon olive oil
- 4 large eggs
- ½ cup crumbled feta cheese
- 2 tablespoons coarsely chopped fresh cilantro leaves

1. Preheat oven to 450°. In large nonstick skillet, cook sausage over medium heat 5 to 6 minutes or until cooked through, breaking up

meat with side of spoon. With slotted spoon, transfer sausage to bowl; cover to keep warm. In same skillet with remaining fat, cook onion 4 to 5 minutes or until soft, stirring occasionally. Stir in cumin and cook 30 seconds. Add tomatoes and jalapeños, and heat to simmering; reduce heat to low and cook 8 to 10 minutes or until mixture thickens slightly, stirring occasionally; stir in sausage.

2. Meanwhile, place tortillas on cookie sheet. Bake 3 to 5 minutes or to desired crispness; keep warm. In separate large nonstick skillet, heat oil over medium heat. Add eggs and cook 4 to 5 minutes or until egg whites are cooked through and yolks are soft.

3. To serve, place 2 tortillas on each of 2 dinner plates; top each tortilla with 1 egg. Evenly spoon sausage mixture over eggs and tortillas; evenly sprinkle with cheese and cilantro.

Approximate nutritional values per serving:

644 Calories, 37g Fat (15g Saturated), 456mg Cholesterol, 1505mg Sodium, 35g Carbohydrates, 2g Fiber, 32g Protein