

Recipes

Egg and Sausage Taquitos

Ingredients:

3 hot Italian sausages, casings removed (approx. 1 ½ cups/375 mL)

6 large eggs, beaten

12-6" corn tortillas

¼ cup (60 mL) salsa, plus extra for serving

¾ cup (180 mL) sharp cheddar cheese, grated

1 avocado, diced

Sour cream, for serving

Instructions:

Adjust oven rack to middle position and heat oven to 425°F (220°C). Line a baking sheet with parchment paper; set aside.

Cook sausage in a medium non-stick skillet over medium heat, breaking up pieces with wooden spoon, until cooked through, about 8 minutes. Using slotted spoon, transfer sausage to paper towel-lined plate. Pour off all but 1 tablespoon fat from the skillet.

Reduce heat to medium low. Add eggs and cook, stirring occasionally, until the eggs are clumped and just slightly wet, about 2 to 4 minutes. Transfer eggs to a large bowl. Add sausage to the eggs and toss gently to combine. Set aside.

Wrap tortillas in a clean, damp dish towel and heat in microwave until softened, about 30 seconds. Transfer tortillas to a work surface. Working one at a time, add a ¼ cup of egg mixture crosswise across center of tortilla. Top evenly with 1 tsp salsa, 1 tbsp cheddar cheese, and 1 tbsp diced avocado. Bring the bottom edge of the tortilla tightly over the filling, rolling from bottom to top. Place taquito seam side down onto prepared baking sheet. Repeat with remaining tortillas.

Bake until taquitos are crisp and cheese has melted, about 12-15 minutes. Serve with extra salsa and sour cream.

