



# Healthy Breakfast Tacos Recipe for a Fresh Start

## Introduction

Breakfast tacos are a delightful way to start your day, offering a perfect balance of flavors and textures. With fluffy scrambled eggs, fresh pico de gallo, and creamy avocado, these tacos are not only delicious but also quick and easy to prepare.

## Detailed Ingredients with measures

- 4 large eggs
- Sea salt

- ½ teaspoon avocado oil
- 1 cup pico de gallo
- ¼ cup grated cheddar cheese or Mexican cheese blend
- ½ avocado, sliced
- 4 corn or flour tortillas, warmed or charred over a gas flame
- Fresh cilantro leaves, for garnish
- Hot sauce, for serving

## Prep Time

10 minutes

## Cook Time, Total Time, Yield

Cook Time: 10 minutes

Total Time: 20 minutes

Yield: 4 tacos

Enjoy your homemade breakfast tacos!

## Detailed Directions and Instructions

### Prepare the Eggs

In a medium bowl, beat the eggs with a pinch of sea salt.

### Cook the Pico de Gallo

In a medium nonstick skillet, heat the avocado oil over medium heat. Add half of the pico de gallo and cook, stirring, for 3 to 5 minutes, or until lightly softened.

### **Scramble the Eggs**

Pour the beaten eggs into the skillet with the softened pico de gallo. Scramble the eggs until just set. Stir in the grated cheese and remove from heat.

### **Assemble the Tacos**

Divide the egg mixture among the warmed tortillas. Top each with avocado slices, the remaining pico de gallo, and fresh cilantro leaves.

### **Serve**

Serve the tacos with hot sauce on the side.

## **Notes**

### **Tortilla Options**

You can use either corn or flour tortillas based on your preference.

See also [Cowboy Soup](#)

### **Vegetarian Alternatives**

This recipe is vegetarian-friendly; feel free to add additional vegetables if desired.

### **Storage Tips**

If you have leftovers, store the egg mixture in an airtight container in the refrigerator and reheat as needed.



### Spice Level

Adjust the amount of pico de gallo and hot sauce to suit your spice tolerance.



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## Cook techniques

### Egg Beating

Beating eggs involves whisking them in a bowl until the yolks and whites are fully combined, helping to incorporate air for a fluffier texture in your scramble.

### **Pico de Gallo Cooking**

Cooking pico de gallo lightly softens the ingredients and enhances their flavors. Sautéing it in a skillet over medium heat allows the flavors to meld beautifully.

### **Scrambling Eggs**

To scramble eggs effectively, pour the beaten eggs into a hot skillet and gently stir them as they cook. This technique ensures even cooking and creates soft, creamy curds.

### **Tortilla Warming**

Warming or charring tortillas over a gas flame adds depth of flavor and makes them pliable for easy folding, enhancing the overall taco experience.

### **Taco Assembly**

Assembling tacos involves layering the egg mixture and desired toppings onto the tortillas. This technique ensures each bite is flavorful and well-balanced.

### **Serving with Hot Sauce**

Offering hot sauce on the side allows diners to customize the heat level of their breakfast tacos, making the meal enjoyable for everyone.

## **FAQ**

### **Can I substitute the cheese with a dairy-free option?**

Yes, you can use plant-based cheese alternatives to keep the recipe

dairy-free.

### **What kind of tortillas work best for breakfast tacos?**

Both corn and flour tortillas are great options; choose based on your taste preference or dietary needs.

See also [Cannoli Cups](#)

### **Can I make these tacos ahead of time?**

While the components can be prepped in advance, it's best to assemble the tacos right before serving to maintain freshness.

### **What other toppings can I add?**

Consider adding salsa, sour cream, or pickled onions for extra flavor and texture.

### **How can I make this recipe spicy?**

Add diced jalapeños to the pico de gallo or choose a spicy hot sauce for serving to increase the heat level.

## **Conclusion**

Enjoying breakfast tacos is a delightful way to start your day. The combination of scrambled eggs, fresh pico de gallo, and creamy avocado wrapped in warm tortillas creates a satisfying and flavorful meal. Feel free to customize the toppings and ingredients to suit your taste. These breakfast tacos are not only delicious but also simple to prepare, making them a fantastic breakfast option for busy mornings.

## More recipes suggestions and combination

### **Vegetarian Breakfast Tacos**

Replace the eggs with scrambled tofu seasoned with turmeric and cumin, and add sautéed bell peppers and onions for a hearty, plant-based option.

### **Breakfast Taco with Black Beans**

Add a layer of black beans to your taco for extra protein and fiber. Top with fresh avocado and a sprinkle of queso fresco.

### **Spicy Chorizo Breakfast Tacos**

Incorporate cooked chorizo into the egg mixture for a spicy kick. Add jalapeños to the pico de gallo for an extra layer of heat.

### **Southwestern Breakfast Tacos**

Mix in roasted sweet potatoes and corn with the scrambled eggs for a sweet and savory flavor profile. Top with avocado and salsa verde.

### **Pesto Breakfast Tacos**

Spread a thin layer of pesto on the tortillas before adding the scrambled eggs and toppings. This creates a unique flavor twist that pairs well with fresh spinach.

See also [Eggless Chocolate Chip Cookies](#)





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