

Taste of Home



Buenos Dias Breakfast

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I love the way the tortilla strips puff up when this is baked. It's a protein-rich, no-fuss recipe that everyone in my family enjoys, even the meat-lovers. —Barbara Burge, Los Gatos, California

TOTAL TIME: Prep: 25 min. + chilling Bake: 40 min.

YIELD: 6 servings.

Ingredients

1 cup salsa

1 cup canned black beans, rinsed and drained

10 corn tortillas (6 inches), cut into 1-inch strips

1 cup shredded Mexican cheese blend

2 large eggs

2 large egg whites

1 cup 2% milk

1 cup reduced-fat sour cream

2 green onions, thinly sliced

1/2 teaspoon salt

Directions

1. In a small bowl, combine salsa and beans. Arrange a third of the tortilla strips in a greased 11x7-in. baking dish. Layer with a third of the cheese and half of the salsa mixture. Repeat layers. Top with remaining tortilla strips.

2. In a large bowl, whisk eggs, egg whites, milk, sour cream, onions and salt; pour over top. Sprinkle with remaining cheese. Refrigerate, covered, at least 8 hours or overnight.

3. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Bake, covered, 30 minutes. Uncover; bake 10-15 minutes longer or until a knife inserted in the center comes out clean. Let stand 5 minutes before serving.



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