

K's Kitchen: A different kind of egg-tortilla combo

By Kathryn Reed

Breakfast burritos are common in our household on weekends. But sometimes it's time for a change.

The only drawback to the recipe below is that the tortilla ensembles have to be made one at a time, much like omelets. So, while it was fine for the two of us, this is not something I would make if we had guests because the eating would be too staggered.

Any type of cheese can be used. And the number of eggs is certainly a personal preference.

Sour cream would work instead of the yogurt, but that will make it way more fattening. The yogurt also gives it a tanginess that sour cream would not.

A common mistake with cooking eggs is having the heat too high. This leads to overcooked, firm, brown eggs.

I sprinkled paprika on top of the yogurt mixture just to make the dish look a little prettier.



Egg Tortilla

2 T plain nonfat Greek yogurt

1/4 tsp cumin

Dash Kosher salt

1 tsp extra-virgin olive oil

3 large eggs, slightly beaten

Pepper

1 tortilla

3 T Monterey Jack cheese

½ green onion, chopped

Chopped olives, optional

In a small bowl, mix the yogurt, cumin and salt.

In a 6-inch skillet, heat the olive oil. Slightly whip eggs and pepper. Cook over moderate heat without stirring, until set at the edges. Place the tortilla over the eggs, press gently and cook until the eggs are just set. Flip the eggs and tortilla. Sprinkle on half the cheese. Cook until the tortilla is golden on the bottom.

Slide the tortilla onto a plate.

Top with the remaining cheese, green onion and olives. Serve with a dollop of the cumin yogurt.