

NOPALES CON HUEVOS



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 2 teaspoons avocado oil
- ★ ½ small white onion, small diced
- ★ 1 small jalapeño, seeded and finely diced (optional, see note)
- ★ 2 garlic cloves, minced
- ★ 2 small plum tomatoes, cored, seeded and small diced, ½ cup diced, (4 ounces)
- ★ 1 (15 ounce jar) prepared nopalitos (tender cactus), drained, rinsed well, patted dry
- ★ 4 large eggs, lightly beaten
- ★ Freshly ground black pepper, to taste
- ★ 1 avocado, ripe but firm, pitted, peeled, and sliced thin for serving
- ★ 2 low-carb, whole wheat small tortillas, warmed, for serving
- ★ 1 lime, halved, for serving

DIRECTIONS

In a cast iron skillet, heat the avocado oil over medium-low. Add the onion and cook until translucent, about 3 minutes. Stir in the jalapeño and garlic, cook for 1 minute. Add tomatoes and nopales and cook, stirring occasionally, until tomatoes are softened and liquid has evaporated, about 5 minutes. Add the eggs, salt and pepper, and cook, stirring frequently, until just set, about 2 minutes. Divide among plates and serve immediately with tortillas, avocado, and lime wedges.

Serving Size and Nutritional Information:

Serves 1 (Serving Size = 495g)

460 Calories Per Serving, **32g** Total Fat,

36g Total Carbohydrates, **21g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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