

Turn oven broiler on high. Meanwhile, compile the tortillas flat on individual oven-proof plates. Spread with an even coating of refried beans (leaving a ¼-inch edge around the border), and top with a layer of evenly distributed salsa, onions and cheese. Place the plates on the middle rack of the hot oven and begin heating. Meanwhile, heat the olive oil or butter in a medium size skillet over medium-low heat. Beat the eggs with salt and pepper together in a small bowl until frothy (about 1 minute). Place the eggs in the heated skillet. Now, elevate the plates in the oven to the rack closest to the broiler. Watch carefully. Start scrambling the eggs and continue to stir until the eggs have set. Carefully remove the plates from the oven when bubbling and the edges have browned. Top with equally portioned eggs hot from the pan. Garnish with freshly chopped cilantro, generous dollops of sour cream, and a dash or two of hot sauce if desired. Serve immediately. Handle the hot plates with care!



## ZIPPY OPEN-FACED BREAKFAST TORTILLAS

(SERVES 2)

*2 flat tortillas (corn or flour)*

*½ cup refried beans (the canned, non-fat variety works well)*

*½ cup tomato salsa, bottled or fresh*

*2 green onions, thinly chopped*

*½ cup shredded cheese (suggest cheddar or jack)*

*2 tablespoons olive oil or butter*

*4 eggs*

*Salt and fresh ground pepper*

*For garnish: fresh cilantro, sour cream, dash or two of hot sauce*

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