

FUEL UP

# Tasty Corn Tortilla

This ready-made, whole-grain delivery vehicle for numerous nibbles is lower in fat and calories than their flour-based companion.

## EGGY EXCELLENCE

Scramble eggs with chopped jalapeño pepper, place in a corn tortilla, and top with diced avocado.

## CUP IT

Press warm tortillas into muffin cups coated with cooking spray. Bake in a 425 degree oven for 7 minutes and fill with taco fixings.

## VEG OUT

Sauté shredded Brussels sprouts, tomato, red pepper, onion, garlic, and chili powder. Place in warm corn tortillas, roll, and enjoy.

