

Baja Sunrise Steak And Eggs

Smoky, citrus flavors brighten up your morning. Simply layer toasted tortillas, sliced steak, salsa and avocado for wide-awake senses.

INGREDIENTS

4 beef Eye of Round Steaks, cut 3/4-inch thick (about 4 ounces each)

1 cup thick and chunky salsa, divided

1/2 cup fresh orange juice

1/4 cup chopped fresh cilantro

2 tablespoons chipotle chili powder

1 tablespoon plus 1 teaspoon orange peel, divided

4 large eggs

Salt and pepper

4 medium whole wheat or multigrain tortillas, toasted

1 medium avocado, sliced

Lime wedges (optional)



35 Min



4

Servings



42 Cal



39g

Protein

COOKING


1. Combine 1/2 cup salsa, orange juice, cilantro, chili powder and 1 tablespoon orange peel in small bowl. Place beef steaks and salsa mixture in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

2. Remove steaks from marinade; discard marinade. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 11 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

3. Meanwhile, cook eggs as desired. Keep warm.

4. Combine remaining 1/2 cup salsa and 1 teaspoon orange peel. Carve steaks into thin slices; season with salt and pepper, as desired. Evenly place steak slices and egg on each tortilla. Top with salsa mixture and avocado slices. Serve with lime wedges, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		18g	250mg		32g	39g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com