

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Breakfast Enchiladas

Adapted from "Cookin' Up Country Breakfasts"

Enchiladas for breakfast? Well, why not? I bet you think eggs are only for breakfast too! Well, this will change your world-view, and cure your hunger...

<i>2 cup fully cooked ham, diced</i>	<i>10 oz shredded Cheddar cheese</i>
<i>½ cup sliced green onion</i>	<i>4 eggs</i>
<i>½ cup finely chopped bell pepper (any color)</i>	<i>2 cup light cream</i>
<i>2 Serrano or jalapeño peppers, sliced</i>	<i>1 Tbsp all-purpose flour</i>
<i>2 Tbsp light olive oil</i>	<i>1 tsp minced garlic</i>
<i>8 flour tortillas, regular size</i>	<i>hot sauce, Crystal or Tabasco, to taste</i>

In a skillet over medium-high heat, sauté ham, onions and peppers in oil until veggies are tender. Place about ⅓ cup ham mix down the center of each tortilla. Top with 3 Tbsp cheese, then roll up and place in a greased casserole dish, seam side down.

In a medium mixing bowl, whisk the eggs until smooth. Add cream, flour, garlic and hot sauce. Pour over tortillas; cover and chill overnight.

Remove enchiladas from refrigerator and let stand 30-45 minutes at room temperature. Heat oven to 350° F. Bake, uncovered, for 45-50 minutes. Sprinkle with remaining cheese and let stand 5 minutes. Serve with salsa, sour cream, and any other Mexican-style toppings you enjoy.

Afraid these enchiladas will be too zesty for you? Leave out or reduce the chiles! And always serve with lots of your favorite salsa...

Yield: Four servings
Preparation time: 25 minutes
Cooking time: 50 minutes



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