



Taco Breakfast Skillet Ground Chicken

4 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Red Onion (chopped)
- 1 lb Extra Lean Ground Chicken
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/4 tsp Onion Powder
- 1/4 tsp Black Pepper
- 1/4 cup Nutritional Yeast
- 4 Egg
- 1/2 Tomato (chopped)
- 1/4 cup Black Olives
- 1/2 Avocado (cubed)
- 1 Jalapeno Pepper (sliced)
- 1/4 cup Cilantro

Nutrition

Amount per serving	
Calories	377
Fat	23g
Saturated	5g
Carbs	12g
Fiber	6g
Sugar	2g
Protein	33g
Cholesterol	284mg
Sodium	352mg
Vitamin A	1855IU
Vitamin C	11mg
Calcium	86mg
Iron	5mg

Directions

- 1 In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground chicken. Cook for 10 to 12 minutes or until the ground chicken is completely cooked through.
- 2 Once the ground chicken is cooked, add in the chili powder, cumin, onion powder, black pepper and nutritional yeast until well combined. Make little sockets in the chicken mixture and crack an egg in one at a time.
- 3 Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.
- 4 Remove from the stove and top with the tomatoes, black olives, avocado, jalapeños and cilantro. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Eggs are best enjoyed the same day.

Serving Size: One serving is approximately one egg with one cup of beef and veggie mixture.

More Flavor: Add some grated cheese on top.

Make it Vegetarian: Use black beans and/or quinoa instead of ground beef.