

Farm



Fresh

April 2011

Available Now...

Eggs

Colorado's 3.8 million chickens produce more than one billion eggs every year.

When selecting eggs, shell and yolk color may vary, but color does not affect egg quality, flavor, nutritive value, cooking characteristics or shell thickness.

Protein-rich and lower in cholesterol than previously thought, eggs contain vitamins and minerals such as folate, choline and Vitamins A, B12 and D.

Look for Colorado eggs at your local grocery store and at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit

www.coloradoagriculture.com for a complete list of recipes.

Breakfast Egg Tacos

Chef Jason K. Morse, C.E.C., 5280 Culinary, LLC

Serves 2

4 ea. 6" Flour or Corn Tortillas
4 ea. Large Eggs, cracked and scrambled
1/4 cup Crumbled Breakfast Sausage
1/8 cup Red Bell Peppers, diced
1/8 cup Green Bell Peppers, diced
1/8 cup Yellow Onions, diced
1/4 cup Colorado Potatoes, diced and cooked
2 tbsp. Italian Parsley, chopped
Shredded Cheese
Green Chili
Salsa

Heat a large sauté pan. Sauté the breakfast sausage until half cooked then add the peppers, onions and potatoes. Cook this mixture until the sausage is fully cooked. Add the scrambled eggs and cook until desired doneness. Remove from pan and fill the tortillas. Top with green chili, shredded cheese and salsa then garnish with parsley.



Next Month... Asparagus