

# Chipotle Salsafied Breakfast



Serves 4

Ingredients:

- 4 slices bacon
- 1 red onion, thinly sliced
- 1 tablespoon chipotle pepper in adobo sauce, finely chopped
- 2 cups salsa
- Salt and pepper, to taste
- 4 eggs, beaten
- 1 avocado, sliced

## Instructions:

1. In a pan over medium heat, cook bacon until crisp. Remove bacon from pan and set aside on a plate with paper towels.
2. Add onions to pan and cook in bacon fat until translucent, about 3 minutes. Add chipotle peppers, salsa, salt, and pepper. Turn heat to low and cook, stirring occasionally for 15 to 20 minutes, until mixture thickens.

Divide onion mixture evenly among 4 bowls.

Spray a separate pan with cooking spray and turn to medium heat. Add eggs and cook until scrambled, and transfer to bowls with onion mixture.

3. Top each bowl with crumbled bacon and sliced avocado.  
Serve.

Nutrition per serving: Calories 221; Total Fat 13.6 g; Saturated Fat 3.4 g; Monounsaturated Fat 6.7 g; Polyunsaturated Fat: 2.0 g; Total Carbohydrates 15.0 g; Dietary Fiber 5.1 g; Sugar Alcohols 0.2 g; Sugars 7.0 g; Protein 12.0 g; Sodium 1168 mg