

Breakfast Taquitos

Ingredients:

- 8 small tortillas
- 4 eggs
- 1/2 cup low fat mild cheddar shredded cheese
- 1/2 cup cooked turkey or chicken sausage
- 1/2 cup diced peppers and onions
- Salt and pepper to taste
- Olive oil cooking spray

Directions

1. Brown sausage, onions and peppers over medium heat until cooked through- about 5 minutes. Remove from pan and set aside.
2. Scramble the eggs in the same skillet over medium heat, adding salt and pepper to taste.
3. Lay out the tortillas and evenly distribute the scrambled eggs, shredded cheese, and cooked sausage, and veggies onto each one.
4. Roll up the tortillas tightly to form taquitos.
5. Lightly spray the air fryer basket with cooking spray and place the taquitos seam-side down in the basket.
6. Lightly spray the tops of the taquitos with olive oil cooking spray.
7. Air fry at 370°F (190°C) for 6-8 minutes, flipping halfway through, until the taquitos are crispy and golden brown.
8. Serve warm with salsa or your favorite dipping sauce.