

# Frico Taco

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## INGREDIENTS

2 large eggs

¼ C. shredded parmesan cheese

¼ C. shredded gouda or mozzarella cheese

Salt and pepper, to taste

## DIRECTIONS

1. In a cold, small frying pan add shredded cheeses and pat down to distribute evenly; place pan on the stove top and turn burner to medium/medium high heat. Cook 2 minutes, 30 seconds or until edges of cheese just start to lightly brown.
2. Crack eggs onto cheese frico; lightly season with salt and pepper and cover. Turn down heat just below medium heat. Cook 2 minutes 30 seconds or until egg whites are very lightly cooked over yolks. (The egg will continue to cook during cooling time.)
3. Using a spatula, fold over in half like a taco; place on a cooling rack to cool 2 minutes 30 seconds. Wrap one end with a paper towel and eat hot.

SERVINGS: 1

## TIP

Additional ingredients such as cooked bacon or sausage crumbles, chopped tomatoes or green onion may be added to taco before folding in half as an option.

## NUTRITION INFO

Calories — 291    Fat — 21 g    Protein — 25 g  
Carbs — 1 g    Fiber — 0 g    Net Carbs — 1 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.