Eat with Ease Recipe

Potato and Egg Taco

Recipe for two tacos

**Ingredients**

* 1 ½ tablespoons of mashed potatoes (pre-cooked, packaged work fine)
* 1 egg
* 2 corn tortillas or pre-maid taco shells
* Seasons of your choice

## Directions

Stir together the mashed potatoes and egg. At this time you can also stir in any seasonings of your choice, such as salt, pepper, onion salt/powder, garlic, cayenne, etc.

Cook mixture in the microwave for one minute. Remove and stir softly/fluff. If the mixture is not fluffy with most of the excess moisture gone, heat for approximately 30 more seconds.

Cook your corn tortillas in oil in a skillet on medium-high heat until crispy. It is helpful to have taco prongs to form the shape. You can also fry the tortilla flat to make a tostada or use pre-maid taco shells from the store.

Fill your crispy taco shells with the potato and egg mixture.

Note: Adding a non-chunky salsa or sauce of some kind, guacamole without chunky pico de gallo, Mexican crema or sour cream, and/or refried beans can make it tasty and even easier to eat.

**Original recipe created by us, Dennis and Kelley Van Auken.**