Ingredients
- 6 large eggs
- 1/4 cup milk
- Salt
- 2 tablespoons vegetable oil
- 3 (6-inch) corn tortillas, cut into 1/4-inch strips
- 1/2 green bell pepper, seeded and diced
- 1 small yellow onion, finely chopped
- 1 clove garlic, finely chopped
- 1 medium tomato, seeded and diced
- 3 ounces grated Cheddar

Directions
1. Whisk together eggs, milk and salt in a medium bowl and set aside.
2. Warm vegetable oil in a nonstick skillet over medium-high heat. Add tortilla strips and cook, stirring occasionally, until strips begin to crisp, about 2 minutes. Add pepper and onion and cook until softened, about 3 minutes. Add garlic and cook 1 minute longer.
3. Add egg mixture, tomato and cheese to skillet. Cook mixture, stirring with a spatula, scraping up cooked eggs and allowing liquid to flow to bottom of pan, until eggs are set, 2 to 3 minutes. Serve immediately.