



## Breakfast Fiesta Crunchy Tacos



Entire recipe (2 tacos): 290 calories, 7.5g total fat (3g sat. fat), 842mg sodium, 34g carbs, 4.5g fiber, 4g sugars, 20g protein

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**Prep:** 5 minutes    **Cook:** 5 minutes

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### Ingredients

1/4 cup fat-free refried beans  
1 wedge The Laughing Cow Light Creamy Swiss cheese  
2 corn taco shells (flat-bottomed shells, if available)  
1/4 cup finely chopped onion  
1/2 tsp. chopped garlic  
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
1/4 tsp. taco seasoning mix  
Optional toppings: salsa, fat-free or light sour cream

### Directions

In a small bowl, thoroughly mix beans with cheese. Divide between taco shells.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion and garlic until softened, about 2 minutes.

Add egg whites/substitute, and sprinkle with taco seasoning. Scramble until fully cooked, about 3 minutes.

Divide egg scramble between taco shells.

#### MAKES 1 SERVING

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