



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

Freestyle™ SmartPoints® value 5*

SmartPoints® value 8*

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

Tagged: [Breakfast Recipes](#), [Meatless Recipes](#), [Single Serving](#)



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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.