



## Cheesy-Good Breakfast Tartlets



1/4th of recipe (2 tartlets): 120 calories, 3g total fat (1.5g sat. fat), 478mg sodium, 10.5g carbs, 0.5g fiber, 1.5g sugars, 10.5g protein

**Prep:** 10 minutes    **Cook:** 20 minutes



### Ingredients

8 square wonton wrappers  
2 slices turkey bacon or center-cut bacon  
1 wedge The Laughing Cow Light Original Swiss cheese  
2 tbsp. light/reduced-fat cream cheese  
1 cup chopped mushrooms  
1 cup (about 8 large) egg whites or fat-free liquid egg substitute  
1/3 cup chopped scallions  
1/4 tsp. salt

### Directions

Preheat oven to 350 degrees. Spray 8 cups of a 12-cup muffin pan with nonstick spray.

Press wonton wrappers into the 8 cups of the muffin pan. Lightly spray with nonstick spray. Bake until lightly browned, about 8 minutes.

Meanwhile, prepare bacon according to package directions, either in the microwave or in a skillet sprayed with nonstick spray. Once cool enough to handle, crumble or chop.

In a small bowl, mix cheese wedge with cream cheese until smooth and uniform.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir mushrooms for 2 minutes.

Add egg, scallions, salt, and cheese mixture to the skillet. Cook and scramble until fully cooked, about 4 minutes.

Remove from heat, and stir in bacon.

Just before serving, evenly distribute mixture among the wonton cups.

**MAKES 4 SERVINGS**

**HG Tip:** If you're not eating/serving these immediately, store the baked wonton cups at room temperature in a sealed bag or container, and store the filling in a sealed container in the fridge.

**HG FYI:** A previous version of this recipe appears on the website and in [Hungry Girl 200 Under 200](#), but we've given it a 2018 update! Nutritional info varies.

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