



Breakfast Fajitas



Entire recipe: 310 calories, 7.5g total fat (3g sat. fat), 659mg sodium, 34.5g carbs, 4g fiber, 6.5g sugars, 22.5g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

- 1 frozen meatless or turkey sausage patty with 80 calories or less
- 1/3 cup sliced bell pepper
- 1/3 cup sliced onion
- 1/4 tsp. garlic powder, divided
- 1/4 tsp. onion powder, divided
- 1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
- Two 6-inch corn tortillas
- 2 tbsp. shredded reduced-fat cheddar cheese
- 2 tbsp. salsa

Directions

Cook sausage according to package instructions. Cut into strips. Transfer to a plate, and cover to keep warm.

Bring a skillet sprayed with nonstick spray to medium heat. Add pepper, onion, 1/8 tsp. garlic powder, and 1/8 tsp. onion powder. Cook and stir until softened, about 5 minutes. Transfer to the plate, and re-cover to keep warm.

Remove skillet from heat, respray, and return to medium heat. Add egg whites/substitute, remaining 1/8 tsp. garlic powder, and remaining 1/8 tsp. onion powder. Cook and scramble until fully cooked, about 2 minutes. Transfer to the plate.

Place tortillas between two damp paper towels, and microwave for 30 seconds, or until warm.

Evenly distribute veggies, egg scramble, and sausage between the tortillas. Top with cheese and salsa.

MAKES 1 SERVING

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