



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

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.

[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.