



Easy A.M. Breakfast Soft Tacos



Entire recipe (2 tacos): 318 calories, 6g total fat (2.5g sat. fat), 615mg sodium, 36g carbs, 6g fiber, 4g sugars, 28.5g protein

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Prep: 5 minutes or less **Cook:** 5 minutes or less



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Ingredients

2 tbsp. chopped onion
2/3 cup (about 5 large) egg whites or fat-free liquid egg substitute
Dash garlic powder
Dash chili powder
Dash black pepper
1/4 cup canned black beans, drained and rinsed
3 tbsp. shredded reduced-fat Mexican-blend cheese
Two 6-inch corn tortillas
1/4 cup chopped tomato

Directions

In a large microwave-safe mug sprayed with nonstick spray, microwave onion until soft, about 1 minute.

Add egg whites/substitute and seasonings. Microwave for 1 minute. Stir in black beans, and microwave for 30 seconds, or until egg is set. Stir in cheese.

Microwave tortillas on a microwave-safe plate for 10 seconds, or until warm. Evenly divide egg mixture between the centers of the tortillas. Top with tomato, and fold 'em up.

MAKES 1 SERVING

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