



## 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

**Green Plan [SmartPoints](#)® value 7\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Purple Plan [SmartPoints](#)® value 5\***

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



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [Four or More Servings](#)

### 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

[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.