



Jalapeño Cheddar Breakfast Tacos



Entire recipe: 288 calories, 10.5g total fat (5.5g sat. fat), 721mg sodium, 23g carbs, 2g fiber, 1.5g sugars, 23.5g protein

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



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Ingredients

- 2/3 cup (about 5 large) egg whites or fat-free liquid egg substitute
- 1/4 tsp. garlic powder
- 1 tbsp. jarred or canned chopped jalapeño peppers (drained)
- 1 tbsp. whipped cream cheese
- 2 corn taco shells (flat-bottomed shells, if available)
- 2 tbsp. shredded reduced-fat cheddar cheese
- 1 tbsp. salsa or salsa verde

Directions

Spray a large microwave-safe mug with nonstick spray. Add egg whites/substitute and garlic powder. Mix well. Stir in jalapeño peppers. Microwave for 1 minute.

Stir in cream cheese. Microwave for 1 more minute, or until set.

Divide egg scramble between taco shells. Top with cheese and salsa.

MAKES 1 SERVING

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