



## Meatless Cheeseburger Tacos



Entire recipe: 259 calories, 11g total fat (5g sat. fat), 667mg sodium, 26.5g carbs, 6g fiber, 1.5g sugars, 18g protein

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



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### Ingredients

1/2 cup frozen meatless crumbles  
2 corn taco shells ([flat-bottomed](#), if available)  
3 tbsp. shredded reduced-fat cheddar cheese  
1/4 cup shredded lettuce  
2 tbsp. chopped hamburger dill pickle chips  
2 tbsp. chopped tomato  
1 tbsp. chopped onion  
Optional: ketchup, mustard, and light mayonnaise

### Directions

Place meatless crumbles in a microwave-safe bowl, and microwave until hot, about 1 minute.

Evenly distribute crumbles and cheese between the shells on a microwave-safe plate. Microwave for 15 seconds, or until cheese has melted.

Top with remaining ingredients.

MAKES 1 SERVING

**HG FYI:** Some frozen meatless crumbles contain gluten, so read labels carefully if that's a concern.

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