



Smashing Tacos



1/2 of recipe (2 tacos): 330 calories, 10g total fat (4g sat. fat), 589mg sodium, 28g carbs, 3.5g fiber, 3.5g sugars, 31g protein

[Click for WW Points® value*](#)

Prep: 10 minutes **Cook:** 15 minutes

More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)



Ingredients

8 oz. raw extra-lean ground beef (at least 95% lean)
1/4 cup shredded reduced-fat Mexican-blend cheese, or more for topping
2 tbsp. finely chopped onion
1 tbsp. taco seasoning
4 street-taco-sized corn or flour tortillas
1/2 cup shredded lettuce
1/4 cup salsa
1/4 cup chopped tomatoes
Optional topping: light sour cream

Directions

In a medium bowl, combine beef, cheese, onion, and taco seasoning. Mix thoroughly. Press one fourth of the meat mixture onto each tortilla.

Bring a large skillet sprayed with nonstick spray to medium heat. Add two tortillas, meat-side down. Using a spatula, smash the tortillas flat into the pan. Cook for about 4 minutes, until meat is fully cooked.

Flip tortillas. Cook until lightly toasted, about 2 minutes. Transfer to a plate.

Clean skillet, if needed. Respray, and return to medium heat. Repeat with remaining two meat-topped tortillas.

Top evenly with lettuce, salsa, and tomatoes. Fold to form tacos.

MAKES 2 SERVINGS

So fun & easy to make... See how it's done! [Click & watch.](#)

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.