



Taco Tuesday Flattata



1/4 of recipe: 253 calories, 8.5g total fat (4.5g sat. fat), 777mg sodium, 14g carbs, 4g fiber, 2.5g sugars, 30.5 protein

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Prep: 10 minutes **Cook:** 25 minutes



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Ingredients

2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
1/4 cup whipped cream cheese
2 tsp. taco seasoning
1 cup meatless crumbles (frozen or refrigerated)
1 cup chopped and seeded tomato
1/2 cup canned black beans, drained and rinsed
1/4 cup chopped fresh cilantro, or more for topping
1 cup shredded reduced-fat Mexican-blend cheese
Optional toppings: salsa, light sour cream

Directions

Preheat oven to 375°F. Spray an 11"x17" baking sheet with nonstick spray.

Place egg whites/substitute, cream cheese, and taco seasoning in a large bowl. Whisk until uniform. Add meatless crumbles, tomato, black beans, and cilantro. Mix well.

Transfer mixture to the baking sheet. Bake until firm and cooked through, 16–18 minutes.

Top with shredded cheese. Bake until melted, about 3 minutes.

MAKES 4 SERVINGS

HG FYI: Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

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