

Quick Breakfast Taco

A smaller cousin of the [breakfast](#) burrito, the breakfast taco made with reduced-fat Cheddar and egg substitute is a satisfying and healthy breakfast option.



1 serving

Active Time: 15 minutes

Total Time: 15 minutes

Ingredients

- 2 corn tortillas
- 1 tablespoon salsa
- 2 tablespoons shredded reduced-fat Cheddar cheese
- 1/2 cup liquid egg substitute, such as Egg Beaters

Preparation

1. Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.
2. Meanwhile coat a small nonstick skillet with cooking spray. Heat over medium heat, add egg substitute and cook, stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

Nutrition

Per serving: 153 calories; 2 g fat (1 g sat , 0 g mono); 3 mg cholesterol; 15 g carbohydrates; 0 g added sugars; 17 g protein; 0 g fiber; 453 mg sodium; 207 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 starch, 2 very lean meat

Brought to you by Bonni London MS, RD, LD/n From EatingWell: [May/June 2008](#)