

Breakfast Tacos

Ingredient

- 2 corn tortillas, 6"
- 5 ounce Egg Beaters
- ½ each fresh red bell peppers, diced
- ⅓ cup fresh, red tomatoes, chopped and sliced
- 1 tsp. garlic cloves, minced
- ½ tsp. chipotle in Adobo sauce
- ¼ cup cilantro leaf, chopped
- ¼ cup white onion, chopped
- ¼ tsp. black pepper
- ¼ cup low-fat cheddar cheese, shredded



Nutrition Facts	
Serving Size 2 tacos (391g)	
Servings Per Container 1	
Amount Per Serving	
Calories 290	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 480mg	20%
Total Carbohydrate 38g	13%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 26g	
Vitamin A 90%	• Vitamin C 150%
Calcium 30%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Directions:

1. Sauté bell peppers, onion, garlic and chipotle in adobo saucer for about 1-2 minutes, or until the onion is translucent.
2. Add egg beaters and tomatoes and season with pepper. Cook until for about 3 minutes or until egg is cooked.
3. Warm corn tortillas, separate egg mixture between the two tortillas and top with cheese.