



Scrambled Up Snack Tacos

Crunchy tacos can be filled with just about anything—beef, seafood, chicken—but we bet you’ve never filled ’em with scrambled eggs before. Serve as a snack or double the recipe and give everyone two tacos for dinner!

Makes 4 Servings

Ingredients

- 4 corn taco shells
- 3 large eggs, beaten
- 1/2 cup shredded reduced-fat Mexican cheese blend
- 1/4 cup canned black beans, drained and rinsed
- 1 to 2 tablespoons roughly chopped fresh cilantro
- 1 tablespoon water
- A few pinches of kosher salt, black pepper, and chili powder
- 1 teaspoon canola oil
- 4 scallions, white and light green parts thinly sliced
- Optional toppers: diced avocado, corn kernels, diced tomato, extra cheese, shredded baby spinach, salsa, light sour cream



DIRECTIONS

1. Cook the taco shells according to package directions. Set aside.
2. In a large bowl, whisk together the eggs, cheese, black beans, cilantro, water, salt, pepper, and chili powder. Set aside.
3. Heat the oil in a large nonstick skillet over medium heat. Add the scallions and cook, stirring frequently, until softened and slightly caramelized, about 3 minutes. Stir in the egg mixture and cook, stirring frequently, until the eggs are set, about 3 more minutes.
4. Spoon the mixture evenly into the taco shells and serve with optional toppings as desired.

NUTRITION INFORMATION

Per serving (1 taco): 180 calories; 10g fat (2.5g saturated); 170mg sodium; 11g carbohydrate; 1g fiber; 10g protein

Recipe from the mobile recipe App, [Meal Makeovers](#),
courtesy of [MealMakeoverMoms.com](#)

