



Breakfast Tinga Tacos



Developed by Hungry Girl. Brought to you by [Ortega!](#)

Entire recipe: 298 calories, 9g total fat (2.5g sat. fat), 802mg sodium, 31.5g carbs, 6g fiber, 3g sugars, 20.5g protein

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Total: 5 minutes



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Ingredients

- 1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
- 1/4 cup canned black beans, drained and rinsed
- 2 tbsp. crumbled feta cheese
- 2 [Ortega Cauliflower & Corn Taco Shells](#)
- 1 tbsp. [Ortega Tinga Chipotle Tomato Jalapeño Street Taco Sauce](#)

Seasonings

- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- Optional topping: fresh cilantro

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add egg whites/substitute and seasonings. Scramble until fully cooked, about 2 minutes.

Reduce heat to low, and add beans and feta. Cook and stir until hot and well mixed, about 1 minute.

Divide egg scramble between taco shells. Drizzle with sauce.

MAKES 1 SERVING

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