

- » Nonstick vegetable cooking spray
- » 1 tbsp olive oil
- » 1/2 cup onion, chopped
- » 3 cloves garlic, minced
- » 3 cups frozen prebrowned all-vegetable protein crumbles, thawed
- » 1/4 cup water
- » 1 1/2 tbsp taco seasoning
- » 8 fat-free 7"-8" flour tortillas
- » 1/2 cup (2 oz) shredded cheddar cheese
- » 1/2 cup medium salsa
- » 1/2 cup fat-free sour cream
- » 1 medium tomato, chopped
- » 1/2 cup cilantro, chopped

Nutritional Content

Per Serving

Calories	460 cal	Cholesterol	15mg
Protein	24g	Sodium	1533mg
Carbohydrate	59g	Calories from Fat	22%
Fat	11g	Fiber	5g
Saturated Fat	4g		

Wrap tortillas in foil and place in a 300F oven to warm. In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil, onions, and garlic. Sauté for 2 to 3 minutes. Stir in protein crumbles, water, and taco seasoning. Cook 4 to 5 minutes to heat thoroughly. Spoon mixture onto tortillas and top with cheddar cheese, salsa, sour cream, chopped tomato, and cilantro. Roll up and fold one end for eating. Serves 4.

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