

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

Nutritional Content

Per Serving

Calories	450 cal	Cholesterol	15mg
Protein	24g	Sodium	1509mg
Carbohydrate	59g	Calories from Fat	20%
Fat	10g	Fiber	5g
Saturated Fat	3g		

Wrap tortillas in foil and place in a 300F oven to warm. In a 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 1.

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