

Naked Huevos Tacos

Serving 1 taco per recipe

Ingredients	Directions
<p>1 large egg</p> <p>Cooking or Pam spray</p> <p>Salt (optional)</p>	<ol style="list-style-type: none"> 1. Place a small skillet or pan on stove and turn burner to medium heat. 2. When pan is hot, spray with cooking spray and crack egg into pan, sprinkle with salt if desired. Break the yolk with a spatula. 3. When edges start to cook, flip over egg to cook the other side. 4. When egg is cooked through, transfer to a small plate on top of a napkin or wax paper.
<p>1-2 Tbsp low fat refried beans OR soy crumbles</p> <p>Shredded low fat cheese of choice (Mexican blend, cheddar, Monterey...)</p> <p>Toppings: Sliced avocado, plain Greek yogurt and mild salsa if four weeks post op.</p>	<ol style="list-style-type: none"> 5. Serve “taco egg shell” with either refried beans or soy crumbles and shredded cheese. 6. Top with desired toppings. 7. Enjoy!

Tip:

Try thinning out the low fat refried beans with plain Greek yogurt. This makes them extra creamy, plus adds extra protein.