

Low-Point Breakfast Taco

Ingredients:

- 4 large eggs
- 2 Tbs milk
- 1/2 tsp. pepper
- 1/2 garlic powder
- 1/2 to 1 tsp. chopped black (ripe) olives
- 1 large tomato, chopped
- 1 green onion, chopped
- shredded lettuce
- reduced-fat four-blend shredded cheese
- salsa
- Pam cooking spray
- 4 hard taco shells

In a small bowl, beat eggs and milk together. Add pepper, garlic powder, ripe olives, and chopped onion. Heat large skillet sprayed with Pam cooking spray. Add egg mixture to pan. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portions can flow to bottom. Cook until eggs are thickened throughout. Take a taco shell and add in a little bit of lettuce, some of the egg mixture, a pinch of shredded cheese, and top it off with a little salsa. Enjoy!

Total servings - 4

Serving size - 1

Points per serving - 3.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)