iHungry Spaghetti Tacos

1/6th of recipe (2 tacos): 310 calories, 7.5g total fat (2g sat. fat), 728mg sodium, 41.5g carbs, 6.5g fiber, 4.5g sugars, 22g protein

Prep: 10 minutes   **Cook:** 15 minutes

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Ingredients

4 oz. uncooked high-fiber spaghetti
2 cups frozen ground-beef-style soy crumbles
2 cups canned crushed tomatoes
1/2 tbsp. taco seasoning mix
12 corn taco shells
1 1/2 cups shredded fat-free cheddar cheese
1 cup shredded lettuce
2/3 cup chopped onion

Directions

Break pasta in half and, in a medium-large pot, cook per package instructions, about 8 minutes. Drain well.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add soy crumbles, crushed tomatoes, and taco seasoning, and mix well. Cook and stir until hot, 2 to 4 minutes.

Add pasta to the skillet, and mix well. Evenly distribute mixture among taco shells, about 1/3 cup per shell. Evenly top with remaining ingredients!

MAKES 6 SERVINGS