



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

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

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



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.