

RECIPE



Veggie Egg Scrambler As seen on Channel 5 Eye Opener



- 1 cup egg whites (1/2 carton)
- 1/2 red pepper
- 1/2 green pepper
- 1 cup sliced mushrooms
- 3 cups baby spinach
- 1/2 tsp dried basil
- 1 T Pecorino Romano cheese, grated
- 1/8 tsp pepper
- 4 fresh basil leaves
- Salt to taste (if desired)

Apply cooking spray to nonstick skillet and heat on medium high. Add peppers, mushrooms, & basil, cook 2 minutes until tender. Add egg whites and cook till fluffy (about 2 minutes). Top with grated Pecorino cheese and fresh basil leaves.

Makes 2 servings @

Nutrition Info w/o salt added:

Nutrition information per serving: 119 calories, 17.3 g protein, 1.2 fat, 3 g fiber, 7 g of carbs, 3 grams of sugar, 286 mg of sodium, 510 mg potassium, 114% of daily value for vitamin A, 140% of daily value for vitamin C, 9% of daily value for calcium.

May be served with wheat toast brushed with olive oil and 1/2 grapefruit for a delicious and nutritious morning meal.