

Spanish Style Eggs

INGREDIENTS:

1 T vegetable oil
6 egg whites
1 ea green onion, chopped
1 ea fresh ripe tomato, chopped
1 T salsa or picante sauce
1 T fresh cilantro, chopped
ground pepper and salt, to taste

DIRECTIONS:

In a nonstick skillet, heat oil over medium–high heat. Add onions and tomato; sauté until onions are soft, 1 to 2 minutes. Reduce heat to low. In a bowl, combine egg whites, salsa or picante sauces and pepper; beat until frothy. Add to the skillet. Cook over low heat, stirring occasionally, until almost set. Add cilantro or parsley and stir until eggs are fully set. Garnish with extra cilantro or tomato.

Makes 1 serving
Calories: 256/serving

NUTRITIONAL INFORMATION PER SERVING:

23g protein
9g carbohydrates
15g fat
439 mg sodium
0mg cholesterol
2g fiber