



BROCCOLI & CHEESE EGG WHITE SCRAMBLE

Serves 4



Ingredients:

- 1 1/2 cups finely chopped fresh or frozen (thawed) broccoli florets
- 1/4 cup water
- 8 extra-large egg whites or 1 1/4 cups egg white substitute
- 1/2 cup skim milk
- 1/4 teaspoon ground black pepper
- 2 whole-wheat English muffins, split and toasted
- 1/4 cup shredded, fat-free cheddar cheese



Directions:

1. Finely chop broccoli. Coat a large nonstick saute pan with cooking spray; warm over medium-high heat. Add broccoli and water; stirring frequently, cook until broccoli is limp, around 4 to 5 minutes. Remove from heat and transfer broccoli to a dish.
2. In a bowl, add egg whites, milk, and pepper. Whisk together to combine.
3. Split and toast each English muffin; set aside.
4. Meanwhile, use a paper towel to wipe the saute pan clean. Coat again with cooking spray and warm over medium-high heat. Add egg whites and use a spatula to stir eggs constantly until whites are almost firm, just a few minutes. Stir in cooked broccoli and cheese; remove from heat.
5. To serve, place each English muffin half onto a plate. Divide egg mixture between each muffin, piling high with eggs. Serve with a fork and knife.



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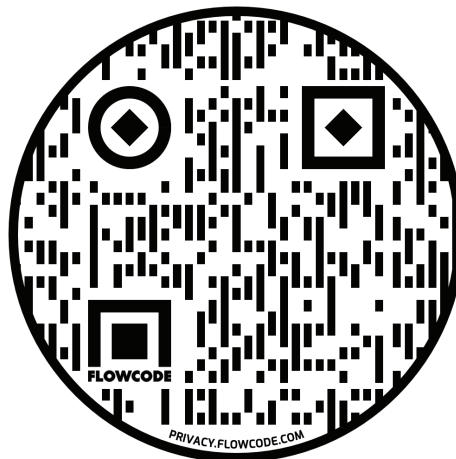


Nutrition Facts

Serving size	1/4 of Recipe
Amount Per Serving	
Calories	140
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 15g	30%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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