

EGG WHITE SCRAMBLE



INGREDIENTS:

- 3-4 egg whites
- 1/4 cup part skim ricotta cheese
- 1/4 cup chopped spinach
- Optional: dash or garlic

DIRECTIONS:

- 1) Lightly spray a pan with cooking oil, heat to medium heat
- 2) In a small bowl mix egg whites, ricotta, and garlic
- 3) Add spinach to the hot pan, cook until it starts to wilt
- 4) Add the egg white ricotta mixture to the pan
- 5) Cook for around 5 minutes then scramble and continue to cook until the mixture is fully cooked

Enjoy!

Makes 1 Serving

Calories: 174 | Protein: 24 g | Carbs: 4 g | Fat: 5 g