

Egg White Omelet

Ingredients

5-10 egg whites
chopped spinach (optional)
chopped mushrooms (optional)
1 tsp ketchup (optional)
Tabasco (optional)
¼ avocado
¼ cup shredded fat free cheese

Cooking Instructions

- Crack open 5-10 eggs in a bowl.
- Remove yolks (with spoon)
- Chop spinach & mushrooms and add to egg whites
- Lightly spray pan with Pam cooking spray
- Pour in egg white mixture
- When eggs are cooked add cheese
- When cheese is melted add avocado
- Add ketchup and/or Tabasco sauce

Nutritional Facts

Calories—100
Fat—7 grams
Sodium—350 mgs (without ketchup)
Protein—17 grams