

SOUTHWEST LEAN BEAN SCRAMBLE

1 large egg plus 2 egg whites	vegetable cooking spray
1 T chopped green bell pepper	1 T salsa
1 T shredded low fat Cheddar cheese	1 T non-fat sour cream
¼ c canned pink or kidney beans, drained & rinsed	1 T skim milk

In a small bowl, mix egg, egg whites, milk, bell pepper, cheese and beans. Coat a non-stick skillet with cooking spray, place over medium heat. Pour egg mixture into pan. Cook and stir until egg is cooked through. Serve with salsa and sour cream.

Makes 1 serving. Multiply recipe and repeat cooking procedure for additional servings.

Calories: 121, Carbohydrate: 11 grams, Protein: 16.5 grams, Fat: 5 grams.