



Swimsuit-Ready in 20 Days: Breakfast Recipes

Broccoli-Cheddar Omelet

1 ¼ cups egg whites

3 cups broccoli florets, coarsely chopped

¼ cup shredded nonfat cheddar cheese

4 slices whole grain bread, toasted

1 teaspoon Mrs. Dash seasoning mix

Salt and cracked black pepper to taste

Cooking oil spray

1. Whisk together the egg whites, Mrs. Dash, salt, pepper. Coat a nonstick skillet with cooking spray and heat the skillet. Add the broccoli florets and cook and stir until they are bright green. Add the egg whites and cook while gently pushing them to the center with a rubber spatula. When the egg mixture begins to set on the bottom, turn it over. Sprinkle with cheese and cover pan. Cook for 30 seconds or until the cheese begins to melt.

To serve: Slide the omelet onto a plate and fold in half. Cut in half and serve with toast.

Servings: 2