



Swimsuit-Ready in 20 Days: Breakfast Recipes

Scrambled Egg Casserole

1 plum tomato, seeded and diced

1 tablespoon thinly sliced scallion white part only

3/4 cup egg whites

1/2 cup shredded nonfat mozzarella

4 slices whole grain bread, toasted

Cooking oil spray

Salt and cracked black pepper to taste

1. Coat a nonstick skillet with cooking spray and heat the skillet. Add the tomato and scallion and cook until the scallion is light golden. Whisk in the egg whites and half of the shredded cheese. Cook and stir until the egg white mixture is almost set. Season with salt and pepper.

To Serve: Spoon the scrambled eggs into a small casserole and sprinkle with the remaining cheese. Microwave until the cheese is melted. Serve with the toast.

Servings: 2