



Swimsuit-Ready in 20 Days: Breakfast Recipes

Smoked Salmon Omelet with Cream Cheese and Whole Grain Toast

1 cup egg whites

1/4 cup nonfat cream cheese, softened

2 ounces smoked salmon

4 slices whole grain bread, toasted

1 3/4 cups orange sections

Salt and cracked black pepper to taste

Cooking oil spray

1. Whisk together the egg whites, cream cheese, salt and pepper. Coat a nonstick skillet with cooking spray and heat the skillet. Pour the egg white mixture into the skillet. Gently push the egg whites towards as they cook. When they are almost set place the smoked salmon on top. Cover the pan and cook for 30 seconds. Remove the lid and season with additional pepper.

To Serve: Slide the omelet onto a cutting board and fold in half. Cut the omelet in half and serve with toast and orange segments.

Servings: 2