



Swimsuit-Ready in 20 Days: Breakfast Recipes

Sweet Potato Home Fries and Scrambled Eggs

2 large sweet potatoes

1/2 cup diced Spanish onion

1 bell pepper, seeded and diced

1 cup egg whites

1 cup shredded nonfat cheddar cheese

Cooking oil spray

1 1/2 teaspoons garlic powder

1 teaspoon paprika

1 teaspoon red pepper flakes

Salt and cracked black pepper to taste

1. Microwave the sweet potatoes for 3 1/2 minutes each or until tender. Peel off the skins and dice the potatoes. Coat a nonstick skillet with cooking spray and heat the skillet. Add the onion and cook for 1 minute. Add the sweet potatoes, bell pepper, garlic powder, paprika, and red pepper flakes. Toss gently and set aside.

2. Coat a nonstick skillet with cooking spray and heat the skillet. Add the egg whites, cheese, salt and cracked black pepper. Cook and stir until the egg whites are set.

To Serve: Spoon the scrambled eggs and home fried onto plates. Garnish with cracked black pepper.

Servings: 2

NOTE: If you can't find nonfat cheddar cheese, use shredded part-skim mozzarella.