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BROCCOLI AND CHEESE EGG WHITE SCRAMBLE ON WHOLE-WHEAT ENGLISH MUFFIN

INGREDIENTS

- 1 1/2 cups finely chopped fresh or frozen (thawed) broccoli florets
- 1/4 cup water
- 8 extra-large egg whites or 1 1/4 cups egg white substitute
- 1/2 cup skim milk
- 1/4 teaspoon ground black pepper
- 2 whole-wheat English muffins, split and toasted
- 1/4 cup shredded, fat-free Cheddar cheese



DIRECTIONS

1. Finely chop broccoli. Coat a large nonstick saute pan with cooking spray; warm over medium-high heat. Add broccoli and water; stirring frequently, cook until broccoli is limp, around 4 to 5 minutes. Remove from heat and transfer broccoli to a dish.
2. In a bowl, add egg whites, milk, and pepper. Whisk together to combine.
3. Split and toast each English muffin; set aside.
4. Meanwhile, use a paper towel to wipe the saute pan clean. Coat again with cooking spray and warm medium-high heat. Add egg whites and use a spatula to stir eggs constantly until whites are almost firm, just a few minutes. Stir in cooked broccoli and cheese; remove from heat.
5. To serve, place each English muffin half onto a plate. Divide egg mixture between each muffin, piling high with eggs. Serve with a fork and knife.

NUTRITIONAL INFORMATION | Recipe makes 4 Servings; Calories: 139; Fat: 1g; Saturated Fat: 0.1g; Polyunsaturated Fat: 0.3g; Monounsaturated Fat: 0.2g; Cholesterol: 1.9 mg; Sodium: 338 mg; Total Carbohydrates: 18g; Dietary Fiber: 3.1g; Sugars: 5.3g; Protein: 15.3g