

MEDITERRANEAN PESTO SCRAMBLE



INGREDIENTS:

- 1/2 cup egg whites
- 1/2 cup 1% cottage cheese
- 2-4 baby bella mushrooms
- 1 tbsp pesto
- 2 tbsp sundried tomatoes (dry packed)

DIRECTIONS:

VEGETARIAN

1. Heat a non stick pan over medium heat
2. Slice mushrooms and cook them for 3-5 minutes, remove and set side
3. Cook egg whites using the same pan
4. Once egg whites are cooked remove from heat and mix in cottage cheese
5. Plate egg white and cottage cheese mixture, top with mushrooms, pesto, and sundried tomatoes.

Enjoy!

Makes 1 Serving

Calories: 226 | Protein: 28 g | Carb: 10 g | Fat: 8 g | Fiber: 1