

VITALITY

Breakfasts

Eggwhite Omelet with Veggies



Ingredients:

- 1 1/2 Cup Egg whites
- 1/4 cup white onions
- 1/4 cup green peppers
- 1/4 cup red peppers
- 1/4 cup tomatoes
- 1 tsp. Extra virgin Olive oil
- Salt and pepper to taste

Instructions:

Chop all vegetables into tiny pieces. Sauté with olive oil until cook. On separate non-stick pan pour egg whites and add the vegetables and fold side by side until cooked.