



White Lox Omelet

Instructions:

Coat a frying pan with 3 seconds of Pam and heat on a medium flame.

Add the lox and scallions and let it fry for 5 minutes.

Add the egg whites.

Add salt & pepper.

If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.

Prep Time:

5 minutes

Cook Time:

8 minutes

Ingredients:

1 oz. scallions - chopped

3 oz. lox

3 egg whites

salt & pepper to taste

Pam