



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 fry for 5 minutes.

Add the egg whites.

Add salt & pepper.

Fry for another 3 minutes.

Serve with 2 slices of whole wheat bread

Counts as 1 lunch

Prep Time:

5 minutes

Cook Time:

8 minutes

Ingredients:

1 oz. scallions - chopped

3 oz. lox

3 egg whites

salt & pepper to taste

Pam