

Scrambled Egg Whites with Cheese and Home Fries

Ingredients:

8 small uncooked red potato(es), diced

2 spray(s) cooking spray

1/2 cup(s) scallion(s), chopped (use both green and white parts)

1/3 cup(s) water

1 cube(s) chicken bouillon cube, without MSG (about 4 g)

1 Tbsp red wine vinegar

3/4 tsp paprika

1/4 tsp table salt

1/4 tsp black pepper, freshly ground, or to taste

12 large egg white(s)

4 oz Kraft Free Singles American Cheese

Instructions: Place potatoes in a medium saucepan and add enough water to cover them. Set pan over high heat and bring to a boil. Boil until potatoes are fork-tender, about 8 minutes; drain. Coat a large nonstick skillet with cooking spray and set pan over medium-high heat. Add potatoes, scallions, 1/3 cup of water, bouillon cube, vinegar and paprika; bring to a simmer. Cook until liquid is absorbed (or evaporates) and potatoes are golden, stirring frequently, about 5 minutes. Remove potatoes from heat, season to taste with salt and pepper and cover to keep warm.

Coat a second large nonstick skillet with cooking spray (or spoon potatoes onto a serving plate, cover to keep warm and reuse skillet) and set pan over medium-high heat. Add egg whites and cheese and cook until whites are cooked through, stirring frequently, about 3 to 5 minutes; season to taste with salt and pepper.

Yields about 1/2 cup of eggs and 1/2 cup of home fries per serving @ 4 points, 6 points plus

