



RECIPE OF THE WEEK

OLE' EGG SCRAMBLE

3 egg whites

¼ cup canned black beans (rinsed and drained)

¼ cup lowfat shredded cheddar cheese

2 tablespoons salsa

Salt and pepper to taste

Scramble 3 egg whites with ¼ cup black beans (rinsed and drained). Remove from heat and stir in cheese. Top with 2 tablespoons of salsa.

Makes 1 serving

Food for thought:

“The difference between the impossible and the possible lies in a person’s determination.” - Tommy Lasorda