



# Southwest Chipotle Egg White Omelet

**Servings**

2

**Calories**

160

**Prep Time**

5 minutes

**Total Time**

10 minutes

**Skill Level**

Easy

## Ingredients

1 (10.5 ounces) package Southwest Chipotle Nourish Bowl™

6 egg whites

1 tablespoon water

salt and freshly ground black pepper to taste

cooking spray

## The Method

Prepare the Southwest Chipotle Nourish Bowl according to package instructions. Set aside while the eggs are cooking. In a medium bowl, whisk the egg whites, water, salt and pepper until frothy. Lightly coat a medium nonstick skillet or omelet pan with cooking spray and heat the skillet over medium-high heat. Add half of the egg whites, swirling to evenly cover the bottom of the pan. Cook until set, about 1 1/2 to 2 minutes. Using a rubber scraper lift the eggs up and let the runny uncooked egg flow underneath. Spoon half of the Nourish Bowl contents onto half of the omelet, fold over, and slide onto a serving plate. Repeat with remaining egg whites and Nourish Bowl.



### Nutrition Facts

Serving Size: 248g | Servings: 2

### Amount Per Serving

Calories 160 | Total Fat 3g (sat fat 1.5g trans 0g) | Cholesterol 5mg | Sodium 500mg | Total Carbohydrate 18g |

Dietary Fiber 3g | Sugars 5g (Includes 0g Added Sugars) | Protein 15g | Vitamin D 0% | Calcium 10% | Iron 6% | Potassium 10%