

# Egg White Scramble with Spinach and Cherry Tomatoes

By **BHG Test Kitchen** | Published on September 1, 2014

**Total Time:** 25 mins

**Yield:** 2 1/2 cups eggs and 2 cups spinach mixture

## Ingredients

12 egg whites, 10 egg whites and 1 whole egg, or 1 1/2 cups refrigerated or frozen egg product, thawed

1/2 cup milk, half-and-half, or light cream

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1 tablespoon olive oil

1 clove garlic, minced

2 cup packed fresh baby spinach

2 cup cherry tomatoes, halved

1/4 cup finely shredded Parmesan cheese

## Directions

### Step 1

In a medium bowl combine egg whites, milk, salt, and pepper. Beat with a whisk until well mixed; set aside.

### Step 2

In a large nonstick skillet heat oil over medium-high heat. Add garlic; cook and stir for 30 seconds. Add spinach and tomatoes; cook and stir about 1 minute or until spinach is wilted and tomatoes are softened. Remove mixture from skillet; keep warm.

### Step 3

Pour egg white mixture into skillet. Cook over medium heat, without stirring, until mixture begins to set on the bottom and around the edges. Using a spatula or large spoon, lift and fold the partially cooked egg white mixture so the uncooked portion flows underneath. Continue cooking for 2 to 3 minutes or until egg white mixture is cooked through but is still glossy and moist. Remove from heat. Serve with spinach mixture and sprinkle with cheese.

## Nutrition Facts

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Per serving: 142 calories; total fat 6g; saturated fat 2g; cholesterol 6mg; sodium 581mg; total carbohydrate 7g; total sugars 5g; protein 15g; vitamin c 20.6mg; calcium 144mg; iron 1.3mg; potassium 427mg; folate, total 72.8mcg; vitamin b-12 0.3mcg; vitamin b-6 0.1mg

