

Smokin' Country Egg White Omelet

Recipe courtesy of *Susannah Locketti*

momlogic.com

Ingredients:

- 1/4 cup minced onion
- 1/4 cup finely cubed potatoes
- 1/4 cup frozen, canned or fresh corn
- 1 garlic clove
- Fresh parsley
- Dash smoked paprika
- 1 thin slice of deli Swiss cheese
- 3 egg whites
- Cooking spray
- Salt and pepper

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Directions:

Place a small skillet over medium high heat and coat with cooking spray. Add onions, potatoes, corn, smoked paprika, garlic, plus salt and pepper.

Cook until the onions and potatoes soften and begin to lightly brown. Remove the mixture, set aside and gently clean the pan. Return the pan to the heat, coat with cooking spray and add three egg whites. Cook until the whites firm up and add the onion mixture and cheese on one side of the omelet. Fold the opposite end over the filling, turn off the heat and serve with fresh chopped parsley or cilantro when the cheese has melted.