



Recipes

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Green Scrambled Egg Whites

Prep Time: 15 Minutes

Cooking Time: 10 Minutes

Serves 12

Ingredients:

22 oz. Pasteurized Egg Whites Product

1 lb. Spinach

1/4 cup Milk

Non-stick Cooking Spray , as needed

Directions:

1. Steam spinach for 2-3 minutes; let cool. In a robot coup or food processor, puree spinach for 5-8 minutes. Using a cheesecloth or very fine mesh, strain spinach through and remove juice, reserve juice and throw away spinach left overs.
2. Reduce spinach juice by half, about 1/4 cup.
3. Pre-heat sauté pan over medium-low heat, spray with pan spray.
4. Combine eggs, spinach juice and milk. Cook in sauté pan until done. Reserve warm.