



# Recipes

Fitness Layne



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## *Awesome Southwestern Scramble*

Serves 1

### **Ingredients**

- 1 Morning Star Breakfast patty-thawed and crumbled
- 3 egg whites
- 1 New Potato - your size portion (microwave about 1 min then chop)
- 1/2 cup or so of either Birds Eye frozen red pepper/yellow pepper/onion mix  
or Bird's Eye broccoli/red pepper/mushroom/onion mix
- 1 fresh Jalapeno seeded, deveined and chopped
- 1 Tbsp Cap-Tri

### **Directions**

Heat oil or spray in non-stick skillet. Sauté everything but egg whites. Add egg whites and scramble them in. Add more egg whites and another patty for larger portions.