

# Recipes

Fitness Layne



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## *Pineapple Salsa Omelet*

Serves 1

### **Ingredients**

4-egg whites  
1 Tbsp. Cap-Tri  
1 Tbsp. Butter Buds  
Pepper to taste  
1 Morningstar Sausage Patty or  
Gimme Lean soy sausage  
1 Tbsp Paul Newman's Pineapple  
Salsa

### **Directions**

Preheat Cap-Tri in small omelet pan  
over medium heat (If Cap-Tri begins  
to smoke, then pan is too hot).

Separate 4 egg whites into pan &  
discard yolks.

While egg whites are cooking, cook  
sausage patty in microwave until  
just warm throughout.  
Be careful not to overcook. Tear into  
small pieces.

Check that egg whites are firm  
around all edges & flip as a pancake  
to cook the other side.

Spoon Salsa onto one half of eggs.  
Add sausage pieces. Fold egg whites  
in half to resemble a 'taco' shell.  
Remove from heat immediately & eat!