

No More Yolks Folks!

To order eggs for breakfast use to be a no-no! Why? The cholesterol and the fat are found in the yolk, the yellow part of the egg. So you sunny side up fans, say "no" to the yolks, but yes to the whites. You can enjoy eggs every morning if you choose to eat only the whites. Egg whites are one of your cleanest, healthiest and lowest calorie proteins there are, so take advantage of these fellows and save your arteries from long term blockage.



Here is a comparison of the yolk and the white:

EGG YOLK

1 jumbo egg yolk
59 calories
5 grams of fat
2.8 grams of protein
213 mgs. cholesterol
7 mgs. sodium

EGG WHITE

1 jumbo egg white
17 calories
0 grams of fat
4.5 grams of protein
0 cholesterol
55 mgs. Sodium

So, as you can see, that a 3 egg omelet made with whole eggs gives you approximately 15 grams of fat in the first meal of the day. (Wow! What a way to start the day.) If you continue at that rate- 15 x 5 meals per day = 75 grams of fat in one day. Those 15 grams of fat could be distributed throughout your day through better sources such as 1 tbsp. peanut butter = 8 grams of fat; 1 small slice of avocado = 20 grams of fat; 1 tbsp. of olive oil = 7-10 grams of fat or 1 handful of almonds = 12 grams of fat .

Here are a few healthy egg-white breakfast recipes you might want to try:

Egg-white oatmeal pancake:

4 egg whites
1/3 cup oatmeal
1 tsp. vanilla
1 tsp. cinnamon
1 pkg. of equal

Mix all ingredients together. Heat skillet with Pam. Pour mix into heated pan. Brown on one side. Flip. Brown on other side. It makes either one large pancake or 2 smaller pancakes. (If you would like to make more pancakes, double the batter.)

Egg whites - Mexican style

5 egg whites
1/4 cup diced green bell peppers
1/4 cup diced onions
1/4 cup diced roma tomatoes
fat free cheese
1/4 cup salsa
2 corn tortillas

In hot skillet sprayed with Pam, sauté bell peppers, onions, and tomatoes. Set aside. Scramble egg whites in skillet - when almost ready, add veggies cheese and salsa. Put into corn tortillas and eat.

(One secret, for soft corn tortillas, wrap them in a wet paper towel and heat in microwave for about 30-45 seconds on high- serve immediately.)