

Easy Stovetop Strata

THM-Friendly: E

- 2 slices sprouted whole wheat or sourdough bread (Silver Hills Power Sprouts)
- 1 cup egg whites
- 2 Tbsp. scallions, fresh
- 1/4 cup cherry tomatoes, halved
- paprika, garlic powder, onion powder, salt and pepper to taste (liberal shakes for more flavor)

Cut bread into cubes.

Lightly spray a frying pan with cooking spray and toss the bread in.

Toast bread in the pan with seasonings, tomatoes and scallions.

Pour egg whites on top and cover the pan. Cook for 2-3 minutes until egg whites are cooked.

enJOY!

