

Trim Healthy
W I S D O M

Egg White Hack (FP)

The Egg White Hack is a fabulous protein option and can be an excellent protein source for so many meals, including S & E Meals. Half a cup of egg whites provides about 13 grams of protein, $\frac{3}{4}$ to a full cup of egg whites provides 21-26 grams of protein, but using the nutritional yeast will take you even higher and makes this hack even more protein-friendly. This hack is one of my favorite E-friendly protein options. Using carton egg whites makes this a super quick, five-minute max recipe, and it always turns out delicious! Enjoy the Egg White Hack in the *Southwest Sandwich* and the *Protein Avocado Toast* recipes!

INGREDIENTS:

- $\frac{1}{2}$ - 1 cup egg whites
- 1 Tbs [TH Nutritional Yeast](#) (divided)
- 1-2 pinches [TH Mineral Salt](#)
- olive oil spray

INSTRUCTIONS:

1. Lightly spray a small ceramic non-stick fry pan with a bit of olive oil spray and set to medium/high heat.
2. Sprinkle about $\frac{1}{2}$ tablespoon of nutritional yeast directly onto the pan.
3. Pour in the egg whites. Let brown on the bottom side for a couple of minutes.
4. While that is happening, season the top side with the other $\frac{1}{2}$ tablespoon of nutritional yeast and a good pinch or two of Mineral Salt.
5. Flip. Allow to cook on the other side for about a minute.
6. Done!

Protein Nerd Notes:

If you choose to use 1 full cup, that will take care of all the Protein Nerd Level 3 requirements that you need. If using only a $\frac{1}{2}$ cup of egg whites for your protein add another form of protein such as a *Side Protein & Fiber Chocolate Milk* to ensure your protein needs are being met.