

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION
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Nutritional Counseling DRX Spinal Decompression Chiropractic Acupuncture Comprehensive Blood Analysis

STUFFED BREAKFAST PEPPERS (Non-Restrictive!)

Although this says Breakfast, I would usually eat these as a snack between meals if I was having a hard time with cravings. Great end of evening treat if you have an early dinner.

INGREDIENTS

4 Egg Whites (Large Eggs. May be 6 egg whites for smaller eggs, but 4 should do)
1 dash Salt
1/2 tsp Olive Oil
1/2 cup, pieces or slices Mushrooms
2 cups Spinach
1/4 tsp Mrs. Dash Table Blend (or other salt substitute with spices.)
3 medium (approx 2-3/4" long, 2-1/2" dia) Bell Peppers (green), cut in half. (Cook 5 halves. Use 1 half in recipe)
(optional: 1/2 chopped onion)

INSTRUCTIONS

In a frying pan, cook chopped mushrooms, 1/2 of one diced red pepper and spinach in 1/2 tsp olive oil (Can use less). Season to taste. I use lemon pepper to give a bit of acidity to the mushrooms and spinach. Then I add a few drops of Tabasco for heat.)

Distribute mixture evenly into pepper halves.

Lightly beat egg whites. Pour into pepper halves.

Bake in oven at 375 for approx 40-45 min or until eggs are set.

(EDIT: It was suggested by a reader that "350 degrees for 20 - 30 minutes should do it". So use your discretion.)

NOTE: You can also make this with 1 or 2 whole eggs if you need additional protein. Using egg whites makes this unrestricted. (Eat 2 pepper halves per serving)

