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▶▶▶ January 2013 ◀◀◀

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Egg & Salmon Sandwich

Prep Time: 10 mins

Cook Time: 2 mins

Total Time: 12 mins

Ingredients

- 1/2 teaspoon oil, olive, extra virgin
- 1 tablespoon onion(s), red, finely chopped
- 2 large egg white(s), beaten
- 1 pinch salt
- 1/2 teaspoon capers, rinsed and chopped, (optional)
- 1 ounce(s) fish, smoked salmon
- 1 slice(s) tomato(es)
- 1 whole English muffin, whole wheat, split and toasted

Preparation

1. Heat oil in a small nonstick skillet over medium heat. Add onion and cook, stirring, until it begins to soften, about 1 minute.
2. Add egg whites, salt and capers (if using) and cook, stirring constantly, until whites are set, about 30 seconds.
3. To make the sandwich, layer the egg whites, smoked salmon and tomato on English muffin.

