



Dr. Laleh's Trim Power Pie

Ingredients

Amount

Organic Pete & Gerry's liquid egg whites	1 carton
Red Onions	1 C Chopped
Green Bell peppers	1 C Sliced
White Mushrooms	1 C Sliced
Ground black pepper	1 tsp
Ground Turmeric	1 tsp
Ground Coriander seeds	1 TBS
Fennel seeds	1 tsp
Dried Tarragon leaves	1 tsp
Dried Rosemary leaves	1 tsp
Olive oil (Spray)	1 tsp using a spray

Preparation:

- Wash and dry all vegetables, slice thin and set aside.
 - In a magic bullet blender, add egg whites, all spices and herbs and blend well.
 - Heat a large non-stick ** pan on medium heat.
 - Spray the pan with olive oil.
 - Sautee onions until golden, add mushrooms and peppers and mix. Spray more with olive oil to avoid burning.
 - Pour the batter in the pan, and cover.
 - Once cooked, you can flip the pie to crisp on both sides.
 - Divide in 2 servings and enjoy.
- ** Alternatively, you may divide vegetables in 2, and use 2 medium pans to make 2 separate pies.

Nutrition Facts

Servings 2.0

Amount Per Serving

calories 196

% Daily Value *

Total Fat 3 g **5 %**

Saturated Fat 0 g **2 %**

Monounsaturated Fat 2g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 381 mg **16 %**

Potassium 334mg **10 %**

Total

Carbohydrate 11g **4 %**

Dietary Fiber 3 g **12 %**

Sugars 3 g

Protein 28 g **56 %**

Vitamin A **6 %**

Vitamin C **102%**

Calcium **4 %**

Iron **10 %**