



Bean and cheese stuffed egg whites

Ingredientes (para 1 ración)

2 egg whites

50 g of cooked white beans

1/2 spring onion

1 tablespoon of cream cheese or cottage cheese (lactose-free in case of intolerance)

Fresh basil

Extra virgin olive oil

Method

1. Mash the beans with a fork and mix with the cream cheese and a drizzle of olive oil.
2. Finely chop the onion and basil leaves and mix with the bean paste.
3. Whisk the egg whites and cook them in a frying pan. Cook them covering the entire surface of the pan as with a crepe.
4. Remove from the heat, spread the mixture, and wrap the omelette into a roll.
5. Cut into portions, garnish with a few basil leaves, and serve.

Recommendations

The recipe can be prepared using other vegetables or pulses.