



Hard-Boiled Egg Whites with Avocado

Recipe Source: www.marthastewart.com

Ingredients:

8 large eggs
2 avocados, preferably Hass
¼ tsp coarse salt
Freshly ground black pepper
1 Tbsp extra-virgin olive oil

Steps:

- Cover eggs with cold water in a large saucepan. Bring to a boil then remove from heat. Let eggs stand, covered, 8 minutes.
- Transfer eggs with a slotted spoon to an ice-water bath and let cool.
- Peel eggs and separate yolks from whites. Discard yolks. Tear whites into 1-inch pieces and divide evenly among 4 bowls.
- Halve and pit the avocados. Using a spoon, scrape out half an avocado into each bowl of egg whites.
- Divide salt among servings and season with pepper. Drizzle each serving with ¾ tsp olive oil.

Tips from the Test Kitchen: Serve with whole wheat toast and fruit for a balanced meal. Try topping the eggs and avocado with a chunky salsa, chopped tomato, or fresh herbs like basil or cilantro.

Nutritional Facts (per serving): Calories: 348, Carbohydrates: 10 grams, Protein: 15 grams, Total Fat: 29 grams, Saturated Fat: 6 grams, Cholesterol: 373 mg, Sodium: 276 mg, Fiber: 7 grams, Total Sugars: 2 grams.