

Download Fat To Fabulous Diet Free Weight Loss For Real Women

Prep. 10 m; Ready In. 10 m; Beat eggs with milk and salt in a small bowl. Heat 1 teaspoon oil in a small nonstick skillet over medium heat. Add the egg mixture and cook until the bottom is set and the center is still a bit runny, 1 to 2 minutes. Find healthy, delicious low-fat dinner recipes including low-fat beef, chicken pizza and pasta. Healthier recipes, from the food and nutrition experts at EatingWell.