

# Veggie Breakfast Bake

**Prep:** 10 minutes

**Cook:** 55 minutes

## ***Ingredients:***

1 cup chopped bell pepper  
1 cup chopped onion  
1 cup chopped mushrooms  
5 cups fat-free liquid egg substitute (like Egg Beaters Original)  
1/2 tsp. onion powder  
1/2 tsp. garlic powder  
1 cup shredded reduced-fat cheddar cheese

Optional toppings: salsa, ketchup, black pepper



## ***Directions:***

Preheat oven to 375 degrees. Spray a 9" X 13" baking pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and stir pepper, onion, and mushrooms until slightly softened, about 4 minutes. Transfer to a large bowl, and blot away excess moisture.

Remove skillet from heat.

Add egg substitute and seasonings to the bowl, and mix well. Transfer mixture to the baking pan.

Bake until center is firm, about 40 minutes.

Sprinkle with shredded cheese, and bake until cheese has melted, about 5 minutes.

## **Nutrition Information: (Per Serving; Makes 6 Servings)**

### **Egg Beaters:**

165 Calories  
4 g Fat  
7 g Carbohydrate  
23 g Protein

### **Egg Whites**

105 Calories  
4 g Fat  
5 g Carbohydrate  
10 g Protein

### **Whole Eggs**

270 Calories  
23 g Fat  
7 g Carbohydrate  
32 g Protein

Recipe Modified From:

<http://www.hungry-girl.com/weekly-recipes/show/make-ahead-recipes-breakfast-casserole-pumpkin-lasagna>

# WAKE UP!

*Make time to refuel your body  
and jump-start your  
day with  
breakfast!*



## Breakfast Eaters:

- ① Tend to eat healthier throughout the day
- ① Are more physically active
- ① Consume more vitamins and minerals
- ① Have better concentration and problem solving skills
- ① Maintain a healthy weight

## REFUEL your BODY!

### Breakfast Boost

Begin your day with an energizing boost by eating breakfast. Long-lasting fuel comes from a combination of:

- Complex carbohydrates
- Lean protein
- Healthy fats



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