

Everything Veggie Egg Bakes

Prep: 15 minutes

Cook: 20 minutes

Ingredients:

2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
2 tbsp. fat-free plain Greek yogurt
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/8 tsp. each salt and black pepper
One 14-oz. can artichoke hearts packed in water, drained and chopped
2 cups roughly chopped spinach
3/4 cup shredded part-skim mozzarella cheese
1/4 cup bagged sun-dried tomatoes (not packed in oil), chopped
1/4 cup chopped scallions



Directions:

1. Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.
2. In a large bowl, whisk egg whites/substitute with Greek yogurt and seasonings until mostly smooth and uniform. Add all remaining ingredients *except* scallions. Stir to mix.
3. Evenly distribute mixture among the cups of the muffin pan. (Cups will be full.)
4. Sprinkle with scallions.
5. Bake until firm and cooked through, about 20 minutes.

MAKES 6 SERVINGS

HG FYI: For best results, reheat in the microwave. First, wrap an egg bake in a paper towel. Then microwave for 20 seconds, or until hot.

Nutrition Information: (Per Serving)

1/6th of recipe (2 egg bakes):

135 Calories

3 g Fat

9 g Carbohydrate

18 g Protein