



Cheesy Mushroom Oat Bake



1/6th of pan: 259 calories, 8.5g total fat (3g sat. fat), 584mg sodium, 32.5g carbs, 6g fiber, 2g sugars, 14.5g protein

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Prep: 15 minutes **Cook:** 40 minutes



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Ingredients

3 cups old-fashioned oats
1 1/2 tbsp. chia seeds
2 tsp. baking powder
1/2 tsp. salt
1 1/2 cups unsweetened plain almond milk
1 cup (about 8 large) egg whites or fat-free liquid egg substitute
2 cups chopped brown mushrooms
1 cup chopped kale
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. black pepper
1/4 cup light/reduced-fat cream cheese, room temperature
1/2 cup shredded reduced-fat cheddar cheese
1/4 cup chopped scallions
Optional topping: additional chopped scallions

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a large bowl, combine oats, chia seeds, baking powder, and salt. Mix well.

In a medium-large bowl, combine almond milk with egg whites/substitute. Mix until uniform.

Add mixture in the medium-large bowl to the large bowl. Stir until uniform.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, kale, and seasonings. Cook and stir until mushrooms have softened and kale has wilted, about 3 minutes.

Remove skillet from heat. Add cream cheese and 1/4 cup cheddar, and stir thoroughly.

Add skillet contents to the large bowl, along with scallions. Mix thoroughly. Transfer to the baking pan, and smooth out the surface.

Top with remaining 1/4 cup cheddar. Bake until top is light golden brown and entire dish is cooked through and cheddar topping has melted, about 35 minutes.

MAKES 6 SERVINGS

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