



Deep-Dish Pizza Egg Bake



1/4th of recipe: 230 calories, 7g total fat (4g sat. fat), 760mg sodium, 11.5g carbs, 2.5g fiber, 3.5g sugars, 29g protein

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Prep: 15 minutes **Cook:** 1 hour

Cool: 5 minutes



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Ingredients

Base

1 cup chopped onion
5 cups roughly chopped spinach
2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
3/4 cup shredded part-skim mozzarella cheese
1/2 oz. (about 8 pieces) turkey pepperoni, chopped
2 tsp. chopped garlic
1/2 tsp. onion powder
1/4 tsp. black pepper

Toppings

1/2 cup canned crushed tomatoes
1/2 tsp. Italian seasoning
1/2 tsp. garlic powder
1/2 tsp. onion powder
3 tbsp. grated Parmesan cheese
1/2 oz. (about 8 pieces) turkey pepperoni, chopped

Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion until mostly softened, about 5 minutes. Add spinach, and cook and stir until just wilted, about 1 minute.

Transfer veggies to a large bowl. Let cool for 5 minutes.

Add remaining base ingredients, and mix well. Transfer to the baking pan.

Bake until center is firm, about 45 minutes.

Meanwhile, in a medium bowl, mix all topping ingredients *except* Parm and pepperoni.

Spread seasoned tomatoes over the egg bake, and top with Parm and chopped pepperoni.

Bake until toppings are hot, about 5 minutes.

MAKES 4 SERVINGS

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