



## Egg-Topped Breakfast Hash



1/2 of recipe (about 1 cup hash with 1 egg): 225 calories, 8g total fat (3.5g sat fat), 431mg sodium, 21g carbs, 3g fiber, 2.5g sugars, 17g protein

**Green Plan [SmartPoints](#)® value 6\***

**Prep:** 10 minutes    **Cook:** 15 minutes

**Cool:** 5 minutes

Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#)

### Ingredients

1 cup roughly chopped cauliflower  
1/4 cup quick-cooking corn grits  
2 dashes salt  
1/4 cup (about 2 large) egg whites  
1/4 cup shredded reduced-fat cheddar cheese  
3 cups roughly chopped spinach leaves  
1 tsp. dried minced onion  
2 large eggs  
Optional topping: black pepper

### Directions

Pulse cauliflower in a blender until reduced to rice-sized pieces. Transfer to a medium microwave-safe bowl.

Add grits, a dash of salt, and 1/3 cup water. Mix well. Cover and microwave for 2 minutes, or until thickened.

Stir well, and let cool for 5 minutes.

Add egg whites and cheese, and mix thoroughly.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and crumble cauliflower mixture until fully cooked and lightly browned, about 6 minutes.

Add spinach, onion, and remaining dash of salt. Cook and stir until spinach has wilted, about 1 minute.

Divide mixture between 2 plates or bowls, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and bring to medium heat. Crack eggs into the skillet, well spaced from each other, and cook per your preference. (Or cook one at a time.)

Top each portion of the hash with an egg.

**MAKES 2 SERVINGS**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.