



Greek-Style Egg Bake



1/4th of egg bake: 193 calories, 6.5g total fat (2g sat fat), 695mg sodium, 11g carbs, 2g fiber, 4g sugars, 22g protein

Freestyle™ [SmartPoints®](#) value 3*

[SmartPoints®](#) value 4*

Prep: 15 minutes **Cook:** 1 hour 10 minutes

Tagged: [Breakfast Recipes](#), [Meatless Recipes](#), [Four or More Servings](#)



Ingredients

1 cup chopped red onion
1 cup seeded and chopped tomatoes
5 cups chopped spinach leaves
2 1/2 cups fat-free liquid egg substitute (like [Egg Beaters Original](#))
3/4 cup crumbled reduced-fat feta cheese
1/2 cup canned sliced black olives, drained
2 tbsp. chopped fresh basil
1/2 tsp. dried oregano
1/4 tsp. black pepper

Directions

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

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion until slightly softened, about 5 minutes. Add tomatoes and cook until softened, about 2 minutes. Transfer to a large bowl, and blot away excess moisture.

Add spinach to the skillet and cook until just wilted, about 2 minutes. Transfer to a strainer, and press with paper towels to remove as much liquid as possible.

Transfer spinach to the large bowl. Let cool slightly, about 5 minutes.

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

Bake until center is firm, about 1 hour. Serve and enjoy!

MAKES 4 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.