



Kale & Cheddar Egg Bakes



1/4th of recipe (3 bakes): 183 calories, 9.5g total fat (5.5g sat. fat), 566mg sodium, 8g carbs, 2.5g fiber, 2.5g sugars, 18g protein

Prep: 15 minutes **Cook:** 30 minutes

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Ingredients

3 3/4 cups roughly chopped cauliflower or 2 3/4 cups cauliflower rice
1 cup finely chopped kale leaves
1 1/2 cups shredded reduced-fat cheddar cheese
3/4 cup (about 6 large) egg whites or fat-free liquid egg substitute
3/4 tsp. garlic powder
3/4 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces, working in batches as needed.

Place cauliflower rice and kale in a large microwave-safe bowl. Cover and microwave for 3 minutes.

Add all remaining ingredients. Stir to mix.

Evenly distribute mixture among the cups of the muffin pan. (Cups will be full.)

Bake until firm and cooked though, 23 - 25 minutes.

MAKES 4 SERVINGS

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