



Mushroom Cheddar Egg Bake



1/4th of pan: 216 calories, 9g total fat (5.5g sat. fat), 690mg sodium, 6.5g carbs, 0.5g fiber, 2g sugars, 26g protein

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Prep: 10 minutes **Cook:** 50 minutes



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Ingredients

3 cups chopped mushrooms
1/4 cup light/reduced-fat cream cheese
2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
3/4 tsp. garlic powder
3/4 tsp. onion powder
1/4 tsp. each salt and black pepper
1 cup shredded reduced-fat cheddar cheese
Optional topping: chopped scallions

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 heat. Cook and stir mushrooms until softened, about 5 minutes.

Transfer to a large bowl, and blot dry. Add cream cheese, and stir to coat.

Add egg and seasonings, and mix well. Transfer to the baking pan. Bake for 40 minutes.

Top with cheddar. Bake until center is firm and cheddar has melted, about 5 minutes.

MAKES 4 SERVINGS

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