



Slow-Cooker Greek Egg Casserole



1/6th of recipe: 170 calories, 2.5g total fat (1.5g sat. fat), 607mg sodium, 17.5g carbs, 4g fiber, 5g sugars, 17g protein

Prep: 20 minutes **Cook:** 3 - 4 hours or 7 - 8 hours, plus 5 minutes

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

Ingredients

4 cups roughly chopped cauliflower or 3 cups [cauliflower rice](#)
2 cups frozen shredded hash browns
3/4 cup crumbled reduced-fat feta cheese
4 cups chopped spinach leaves
3/4 cup chopped red onion
1/3 cup bagged sun-dried tomatoes (not packed in oil), chopped
2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/2 tsp. oregano
1/4 tsp. each salt and black pepper
1/4 cup sliced black or kalamata olives

Directions

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

Fully line a slow cooker with heavy-duty aluminum foil, draping excess foil over the sides. (You'll use the draped foil to lift out the cooked casserole.) Spray with nonstick spray.

Place frozen hash browns in a layer in the bottom of the slow cooker. Sprinkle with 1/2 cup cheese. Evenly top with spinach, cauliflower rice, onion, and sun-dried tomatoes.

In a large bowl, whisk egg whites/substitute with seasonings. Evenly pour over the contents of the slow cooker.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until egg has set and veggies have softened.

Turn off heat, and sprinkle with remaining 1/4 cup cheese and olives. Cover, and let sit for 5 minutes, or until cheese has softened.

Using the foil, lift casserole out of the slow cooker, and slice.

MAKES 6 SERVINGS

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