



All-American Egg Bakes



1/6th of recipe (2 egg bakes): 157 calories, 4.5g total fat (2.5g sat. fat), 486mg sodium, 10g carbs, 1.5g fiber, 1.5g sugars, 16.5g protein

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

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Ingredients

3 frozen meatless or turkey sausage patties with 80 calories or less (like the kind by [MorningStar Farms](#) or [Jimmy Dean](#))
1/2 cup chopped onion
1/2 cup chopped bell pepper
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. each salt and black pepper
2 cups (about 16 large) egg whites or fat-free liquid egg substitute
2 cups frozen shredded hash browns, thawed
3/4 cup shredded reduced-fat cheddar cheese

Directions

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

Prepare sausage patties in a skillet sprayed with nonstick spray or on a microwave-safe plate in the microwave. (See package instructions for exact temperature and cook time.) Crumble or chop.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add onion, bell pepper, and 1/8 tsp. of each seasoning. Cook and stir until veggies have softened and lightly browned, about 4 minutes.

In a large bowl, combine egg whites/substitute with remaining 1/8 tsp. of each seasoning. Whisk thoroughly. Add crumbled/chopped sausage, cooked veggies, thawed hash browns, and cheese. Stir to mix.

Evenly distribute egg mixture among the muffin cups.

Bake until firm and cooked through, about 20 minutes.

MAKES 6 SERVINGS

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