



Caramelized Onion 'n Spinach Egg Bake



1/4th of egg bake: 181 calories, 3g total fat (1.5g sat. fat), 746mg sodium, 14g carbs, 1.5g fiber, 6.5g sugars, 21.5g protein

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Prep: 10 minutes **Cook:** 1 hour 30 minutes

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Ingredients

3 cups thinly sliced sweet onions
1 tbsp. light butter
1/4 tsp. salt
4 cups spinach
4 wedges The Laughing Cow Light Creamy Swiss cheese
1 tsp. chopped garlic
3 cups egg whites or fat-free liquid egg substitute
Optional topping: light sour cream

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. Add onions, butter, and salt. Cook and stir until slightly softened, about 5 minutes.

Reduce heat to medium low. Stirring frequently, cook until caramelized, 25 - 30 minutes. Transfer to a large bowl.

Add spinach to the skillet, and cook and stir until just wilted, about 2 minutes. Transfer to the large bowl.

Add cheese wedges and garlic to the bowl, and stir until melted and well mixed.

Once cooled, mix in egg. Transfer to the baking pan.

Bake until center is firm, about 50 minutes.

MAKES 4 SERVINGS

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