



Cheesy Veggie Flattata



1/4th of recipe: 212 calories, 8.5g total fat (5g sat. fat), 633mg sodium, 10.5g carbs, 2g fiber, 4g sugars, 23g protein

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Prep: 10 minutes **Cook:** 30 minutes



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Ingredients

- 1 cup chopped bell pepper
- 1 cup chopped onion
- 3 cups roughly chopped spinach
- 1/4 cup light/reduced-fat cream cheese
- 2 cups (about 16 large) egg whites or fat-free liquid egg substitute
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 1 cup shredded part-skim mozzarella cheese

Directions

Preheat oven to 375 degrees. Spray an 11" x 17" baking sheet with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add bell pepper and onion. Cook and stir until softened and lightly browned, about 5 minutes. Add spinach, and cook and stir until just wilted, about 1 minute.

Transfer to a large bowl. Add cream cheese, and stir to coat. Add egg whites/substitute and seasonings, and mix well.

Transfer mixture to the baking sheet. Bake until firm and cooked through, about 18 minutes.

Top with mozzarella. Bake until melted, about 3 minutes.

MAKES 4 SERVINGS

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