



Deep-Dish Pizza Egg Bake



1/4th of recipe: 230 calories, 7g total fat (4g sat fat), 760mg sodium, 11.5g carbs, 2.5g fiber, 3.5g sugars, 29g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 15 minutes **Cook:** 1 hour

Cool: 5 minutes



Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

Base

- 1 cup chopped onion
- 5 cups roughly chopped spinach
- 2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
- 3/4 cup shredded part-skim mozzarella cheese
- 1/2 oz. (about 8 pieces) turkey pepperoni, chopped
- 2 tsp. chopped garlic
- 1/2 tsp. onion powder
- 1/4 tsp. black pepper

Toppings

- 1/2 cup canned crushed tomatoes
- 1/2 tsp. Italian seasoning
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 3 tbsp. grated Parmesan cheese
- 1/2 oz. (about 8 pieces) turkey pepperoni, chopped

Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion until mostly softened, about 5 minutes. Add spinach, and cook and stir until just wilted, about 1 minute.

Transfer veggies to a large bowl. Let cool for 5 minutes.

Add remaining base ingredients, and mix well. Transfer to the baking pan.

Bake until center is firm, about 45 minutes.

Meanwhile, in a medium bowl, mix all topping ingredients *except* Parm and pepperoni.

Spread seasoned tomatoes over the egg bake, and top with Parm and chopped pepperoni.

Bake until toppings are hot, about 5 minutes.

MAKES 4 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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