



Easy Egg Flattata



1/4th of recipe, before toppings: 110 calories, 2g total fat (1.5g sat. fat), 458mg sodium, 3g carbs, 0g fiber, 1g sugars, 16.5g protein

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Prep: 5 minutes **Cook:** 20 minutes



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Ingredients

2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
1/4 cup whipped cream cheese

Seasonings:

1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper

Topping Suggestions: see below!

Directions

Preheat oven to 375°F. Spray an 11"x17" baking sheet with nonstick spray.

In a large bowl, combine ingredients with seasonings. Whisk well. Transfer mixture to the baking sheet.

Bake until firm and cooked through, about 18 minutes.

MAKES 4 SERVINGS

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