



Egg-Topped Breakfast Hash



1/2 of recipe (about 1 cup hash with 1 egg): 225 calories, 8g total fat (3.5g sat. fat), 431mg sodium, 21g carbs, 3g fiber, 2.5g sugars, 17g protein

Prep: 10 minutes **Cook:** 15 minutes

Cool: 5 minutes

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Ingredients

1 cup roughly chopped cauliflower
1/4 cup quick-cooking corn grits
2 dashes salt
1/4 cup (about 2 large) egg whites
1/4 cup shredded reduced-fat cheddar cheese
3 cups roughly chopped spinach leaves
1 tsp. dried minced onion
2 large eggs
Optional topping: black pepper

Directions

Pulse cauliflower in a blender until reduced to rice-sized pieces. Transfer to a medium microwave-safe bowl.

Add grits, a dash of salt, and 1/3 cup water. Mix well. Cover and microwave for 2 minutes, or until thickened.

Stir well, and let cool for 5 minutes.

Add egg whites and cheese, and mix thoroughly.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and crumble cauliflower mixture until fully cooked and lightly browned, about 6 minutes.

Add spinach, onion, and remaining dash of salt. Cook and stir until spinach has wilted, about 1 minute.

Divide mixture between 2 plates or bowls, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and bring to medium heat. Crack eggs into the skillet, well spaced from each other, and cook per your preference. (Or cook one at a time.)

Top each portion of the hash with an egg.

MAKES 2 SERVINGS

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