



## Everything but the Bagel Egg Bake



1/4 of recipe: 178 calories, 4.5g total fat (3g sat. fat), 602mg sodium, 10.5g carbs, 1.5g fiber, 4.5g sugars, 18g protein

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**Prep:** 10 minutes    **Cook:** 45 minutes



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### Ingredients

- 1 1/2 cups chopped red onion
- 1/2 cup whipped cream cheese
- 2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
- 2 tbsp. fresh chopped dill, or more for topping
- 1 tbsp. everything bagel seasoning, or more for topping
- 1 cup cherry tomatoes, halved

### Directions

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

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add onion, and cook and stir until softened and lightly browned, about 5 minutes.

Transfer onion to a large bowl. Add cream cheese, and stir to coat. Add egg whites/substitute, dill, and everything bagel seasoning. Whisk thoroughly.

Stir in tomatoes. Transfer mixture to the baking pan. Bake until firm and cooked through, about 40 minutes.

**MAKES 4 SERVINGS**

**See how it's done!** [Watch this video](#) for a speedy & enjoyable demo.

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