



Everything Veggie Egg Bakes



1/6th of recipe (2 egg bakes): 133 calories, 2.5g total fat (1.5g sat. fat), 549mg sodium, 9g carbs, 3g fiber, 3g sugars, 17.5g protein

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Prep: 15 minutes **Cook:** 20 minutes

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Ingredients

2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
2 tbsp. fat-free plain Greek yogurt
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/8 tsp. each salt and black pepper
One 14-oz. can artichoke hearts packed in water, drained and chopped
2 cups roughly chopped spinach
3/4 cup shredded part-skim mozzarella cheese
1/4 cup bagged sun-dried tomatoes (not packed in oil), chopped
1/4 cup chopped scallions

Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

In a large bowl, whisk egg whites/substitute with Greek yogurt and seasonings until mostly smooth and uniform. Add all remaining ingredients *except* scallions. Stir to mix.

Evenly distribute mixture among the cups of the muffin pan. (Cups will be full.)

Sprinkle with scallions. Bake until firm and cooked through, about 20 minutes.

MAKES 6 SERVINGS

HG FYI: For best results, reheat in the microwave. First, wrap an egg bake in a paper towel. Then microwave for 20 seconds, or until hot.

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