



## 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

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Purple Plan [SmartPoints](#)® value 1\***

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



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### 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.

[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.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.