



Greek-Style Egg Bake



1/4th of egg bake: 193 calories, 6.5g total fat (2g sat fat), 695mg sodium, 11g carbs, 2g fiber, 4g sugars, 22g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 15 minutes **Cook:** 1 hour 10 minutes



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

Ingredients

- 1 cup chopped red onion
- 1 cup seeded and chopped tomatoes
- 5 cups chopped spinach leaves
- 2 1/2 cups fat-free liquid egg substitute (like [Egg Beaters Original](#))
- 3/4 cup crumbled reduced-fat feta cheese
- 1/2 cup canned sliced black olives, drained
- 2 tbsp. chopped fresh basil
- 1/2 tsp. dried oregano
- 1/4 tsp. black pepper

Directions

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

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion until slightly softened, about 5 minutes. Add tomatoes and cook until softened, about 2 minutes. Transfer to a large bowl, and blot away excess moisture.

Add spinach to the skillet and cook until just wilted, about 2 minutes. Transfer to a strainer, and press with paper towels to remove as much liquid as possible.

Transfer spinach to the large bowl. Let cool slightly, about 5 minutes.

Add all remaining ingredients to the bowl, and mix well. Transfer to the baking pan.

Bake until center is firm, about 1 hour. Serve and enjoy!

MAKES 4 SERVINGS

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.)

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