



Instant Pot Breakfast Casserole



1/4th of recipe: 184 calories, 6g total fat (3.5g sat. fat), 595mg sodium, 9.5g carbs, 1.5g fiber, 4g sugars, 21.5g protein

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Prep: 10 minutes **Cook:** 30 minutes

Cool: 5 minutes



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Ingredients

- 1 cup chopped bell pepper
- 1 cup chopped onion
- 1/4 cup light/reduced-fat cream cheese
- 2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
- 1/2 cup shredded reduced-fat Mexican blend cheese
- Optional toppings: chopped scallions, salsa

Seasonings:

- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. each salt and black pepper

Directions

Spray Instant Pot with nonstick spray. Press Sauté, and add bell pepper and onion. Cook and stir until mostly softened, about 5 minutes.

Press Keep Warm/Cancel to turn off the Instant Pot.

Transfer veggies to a medium bowl. Add cream cheese, and stir until evenly coated. Add egg and seasonings. Mix well.

Generously respray Instant Pot. Evenly distribute veggie-egg mixture. Sprinkle with shredded cheese and seal with lid. Press Manual/Pressure Cook and set time for 15 minutes.

Once cooked, press Keep Warm/Cancel. Let sit for 5 minutes. Vent to release any remaining steam.

MAKES 4 SERVINGS

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