



Slow-Cooker Breakfast Casserole



1/6th of recipe: 203 calories, 5.5g total fat (3g sat fat), 597mg sodium, 15g carbs, 3g fiber, 3g sugars, 21.5g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

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

Prep: 20 minutes **Cook:** 3 - 4 hours *or* 7 - 8 hours, plus 5 minutes



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

Ingredients

4 cups roughly chopped cauliflower
3 frozen meatless or turkey sausage patties with 80 calories or less (like the kind by [MorningStar Farms](#) or [Jimmy Dean](#))
2 cups frozen shredded hash browns
1 cup shredded reduced-fat Mexican blend cheese
3/4 cup chopped onion
3/4 cup chopped bell pepper
2 1/2 cups egg whites or fat-free liquid egg substitute
1/3 cup unsweetened plain almond milk
1/2 tsp. garlic powder
1/4 tsp. each salt and black pepper
Optional toppings: salsa, light sour cream

Directions

Pulse cauliflower in a blender until reduced to rice-sized pieces, working in batches as needed.

Prepare sausage patties in a skillet sprayed with nonstick spray or on a microwave-safe plate in the microwave. (Refer to package instructions for exact temperature and cook time.) Once cool enough to handle, crumble or chop.

Fully line a slow cooker with heavy-duty aluminum foil, draping excess foil over the sides. (You'll use the draped foil to lift out the cooked casserole.) Spray with nonstick spray.

Place frozen hash browns in a layer in the bottom of the slow cooker, and top with cooked sausage. Sprinkle with 3/4 cup cheese. Evenly top with cauliflower rice, onion, and bell pepper.

In a large bowl, whisk together egg whites/substitute, almond milk, and seasonings. Evenly pour over the slow-cooker mixture.

Cover and cook on high for 3 - 4 hours *or* on low for 7 - 8 hours, until egg is set.

Turn off heat, and sprinkle with remaining 1/4 cup cheese. Cover, and let sit 4 minutes, or until cheese has melted.

Using the foil, lift casserole out of the slow cooker.

MAKES 6 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.)

*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.

