



## 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

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

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### 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**

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