



Slow-Cooker Greek Egg Casserole



1/6th of recipe: 170 calories, 2.5g total fat (1.5g sat. fat), 607mg sodium, 17.5g carbs, 4g fiber, 5g sugars, 17g protein

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

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

Ingredients

4 cups roughly chopped cauliflower or 3 cups [cauliflower rice](#)
2 cups frozen shredded hash browns
3/4 cup crumbled reduced-fat feta cheese
4 cups chopped spinach leaves
3/4 cup chopped red onion
1/3 cup bagged sun-dried tomatoes (not packed in oil), chopped
2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/2 tsp. oregano
1/4 tsp. each salt and black pepper
1/4 cup sliced black or kalamata olives

Directions

If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces, working in batches as needed.

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. Sprinkle with 1/2 cup cheese. Evenly top with spinach, cauliflower rice, onion, and sun-dried tomatoes.

In a large bowl, whisk egg whites/substitute with seasonings. Evenly pour over the contents of the slow cooker.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until egg has set and veggies have softened.

Turn off heat, and sprinkle with remaining 1/4 cup cheese and olives. Cover, and let sit for 5 minutes, or until cheese has softened.

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

MAKES 6 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or

treatment. [Click here](#) for more information.

Publish Date: April 14, 2016

Author: Hungry Girl

Copyright © 2025 Hungry Girl. All Rights Reserved.