



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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



Tagged: [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

[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.