



Smothered Hash Brown Casserole



1/6 of casserole: 193 calories, 3g total fat (1g sat. fat), 501mg sodium, 23.5g carbs, 5.5g fiber, 4.5g sugars, 20g protein

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Prep: 15 minutes **Cook:** 45 minutes



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Ingredients

3 cups frozen riced cauliflower
1 1/2 cups frozen meatless crumbles or turkey breakfast sausage crumbles
4 cups chopped spinach leaves
2 cups (about 16 large) egg whites or fat-free liquid egg substitute
1 1/2 tsp. garlic powder, divided
1 tsp. onion powder, divided
1/4 tsp. salt
1/4 tsp. black pepper
4 cups frozen shredded hash browns, thawed and blotted dry
2 cups chopped onion
1/2 cup shredded reduced-fat cheddar cheese
Optional topping: ketchup

Directions

Preheat oven to 400°F. Spray a 9" X 13" baking pan with nonstick spray.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add cauliflower and crumbles. Cook and stir until thawed, about 4 minutes. Add spinach, and cook and stir until wilted, about 2 minutes.

In a large bowl, combine egg whites/substitute, 1/2 tsp. garlic powder, 1/2 tsp. onion powder, salt, and pepper. Mix until uniform. Add skillet contents to the bowl, and mix well.

In another large bowl, combine thawed hash browns, remaining 1 tsp. garlic powder, and remaining 1/2 tsp. onion powder. Gently toss to mix.

Transfer veggie-egg mixture to the baking pan, and top with seasoned hash browns.

Carefully cover pan with foil, and bake for 30 minutes.

Meanwhile, clean and respray the skillet. Bring the skillet to medium-high heat. Add onion. Cook and stir until they begin to brown. Reduce heat to medium-low. Continue to cook until reduced and golden brown, about 15 minutes.

Remove foil from casserole. Top with cheese. Bake until center is firm and cheese has melted, 3-5 minutes.

Serve casserole topped with onion.

MAKES 6 SERVINGS

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