



Southwest Breakfast Casserole



1/6th of recipe: 221 calories, 5.5g total fat (3g sat. fat), 701mg sodium, 22g carbs, 4g fiber, 2.5g sugars, 21g protein

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Prep: 10 minutes **Cook:** 1 hour and 5 minutes

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Ingredients

4 cups frozen shredded hash browns, thawed
4 tsp. taco seasoning
1/4 cup light/reduced-fat cream cheese, room temperature
2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
1/4 tsp. salt
1 cup chopped onion
1 cup chopped bell pepper
1 cup frozen meatless crumbles (like [the kind by MorningStar Farms](#))
1/2 cup canned black beans, drained and rinsed
3/4 cup shredded reduced-fat Mexican-blend cheese
Optional toppings: salsa, light sour cream, chopped fresh cilantro

Directions

Preheat oven to 375 degrees. Spray a 9" X 13" baking pan with nonstick spray.

Press the thawed hash browns into an even layer on the bottom of the pan. Sprinkle with 1 tsp. taco seasoning. Bake for 25 minutes, or until slightly crispy and browned. Remove pan from the oven, but leave oven on.

Meanwhile, prepare the filling. In a large bowl, stir cream cheese until smooth. Add egg whites/substitute, 2 tsp. taco seasoning, and salt. Whisk until uniform.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add onion, pepper, and remaining 1 tsp. taco seasoning. Cook and stir until veggies have mostly softened, about 3 minutes. Add meatless crumbles, and cook and stir until thawed, about 1 minute.

Add skillet contents to the large bowl with the egg mixture. Add beans and 1/4 cup shredded cheese, and mix well. Transfer mixture to the baking pan, and smooth out the top.

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

Remove foil, and top with remaining 1/2 cup shredded cheese. Bake until center is firm and cheese has melted, about 10 minutes.

MAKES 6 SERVINGS

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