



## Veggie & Swiss Egg Bake



1/4 of pan: 196 calories, 7g total fat (4g sat. fat), 556mg sodium, 6g carbs, 1g fiber, 2g sugars, 25.5g protein

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**Prep:** 10 minutes    **Cook:** 50 minutes



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### Ingredients

1 1/2 cups chopped mushrooms  
1 cup chopped asparagus  
1/4 cup light/reduced-fat cream cheese  
2 1/2 cups egg whites (about 20 large eggs' worth) or fat-free liquid egg substitute  
4 slices reduced-fat Swiss cheese cut into strips  
Optional topping: chopped scallions

#### Seasonings:

1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/4 tsp. salt  
1/4 tsp. black pepper

### Directions

Preheat oven to 375°F. Spray an 8"×8" baking pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add mushrooms, asparagus, and 1/4 cup water. Cover and cook for 5 minutes, or until veggies are tender and water has evaporated.

Transfer veggies to a large bowl, and blot dry. Add cream cheese, and stir to coat.

Add egg whites/substitute and seasonings, and mix well. Transfer to the baking pan.

Bake for 40 minutes. Top with Swiss cheese. Bake until center is firm and cheese has melted, about 5 minutes. Once cool, cover and refrigerate.

#### MAKES 4 SERVINGS

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