



Veggies & Hash Browns Egg Bakes



1/6 of recipe (2 egg bakes): 160 calories, 6g total fat (2.5g sat. fat), 402mg sodium, 12.5g carbs, 1.5g fiber, 1g sugars, 12.5g protein

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Prep: 15 minutes **Cook:** 35 minutes



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Ingredients

4 cups frozen shredded hash browns, thawed
1 cup shredded reduced-fat cheddar cheese, divided
1 tbsp. olive oil
1/4 tsp. salt, divided
1/4 tsp. black pepper, divided
1/3 cup chopped bell pepper
1/3 cup chopped onion
1 1/2 cups (about 12 large) egg whites or fat-free liquid egg substitute

Directions

Preheat oven to 425°F. Spray a 12-cup muffin pan with nonstick spray.

In a large bowl, combine thawed hash browns, 1/2 cup cheese, oil, 1/8 tsp. salt, and 1/8 tsp. black pepper. Stir to mix.

Distribute mixture among the cups of the muffin pan, using your hands or a flat utensil to firmly press and form the crusts. Press mixture into the edges and up along the sides. Bake for 15 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add bell pepper and onion. Cook and stir until softened and lightly browned, about 4 minutes.

In a medium bowl, combine egg whites/substitute, cooked veggies, remaining 1/2 cup cheese, remaining 1/8 tsp. salt, and remaining 1/8 tsp. black pepper. Mix well.

Reduce oven temperature to 350°F.

Distribute egg mixture among the hash-brown crusts. Bake until the egg mixture is fully cooked and crusts are golden brown, 18–20 minutes.

MAKES 6 SERVINGS

HG Tip: To freeze, let cool completely. Tightly wrap each cooled serving in plastic wrap, and store the wrapped pieces in a sealable container. To thaw, unwrap and microwave for 1 minute (or until it reaches your desired temperature).

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