



Great Greek Egg Bakes



1/6 of recipe (2 egg bakes): 124 calories, 4.5g total fat (2.5g sat. fat), 446mg sodium, 5.5g carbs, 1g fiber, 1.5g sugars, 14g protein

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Ingredients

3/4 cup chopped red onion
3 cups chopped spinach
3/4 cup chopped tomatoes
2 1/2 cups (about 20 large) egg whites or liquid egg substitute
3/4 cup crumbled feta cheese
1/3 cup sliced black or kalamata olives
2 tbsp. chopped fresh basil
1/4 tsp. dried oregano
1/4 tsp. black pepper

Directions

Preheat oven to 350°F. Spray a 12-cup muffin pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add onion, and cook and stir until mostly softened, about 4 minutes.

Reduce heat to medium. Add spinach and tomatoes. Cook and stir until onion and tomatoes have softened and spinach has wilted, about 2 minutes.

Transfer veggies to a large bowl. Thoroughly blot dry. Add all remaining ingredients. Mix thoroughly. Evenly distribute among the cups of the muffin pan.

Bake until firm and cooked through, about 20 minutes.

MAKES 6 SERVINGS

HG FYI: For best results, reheat in the microwave. First, wrap an egg bake in a paper towel. Then microwave for 20 seconds, or until hot.

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