

SAVORY PUMPKIN BREAKFAST BAKE

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 12 (Serving = 1/12 of dish)

Nutrition (per serving)

Calories: 105

Total Carbohydrate: 5 g

Total Fat: 4 g

Dietary Fiber: 1 g

Saturated Fat: 1 g

Protein: 11 g

Sodium: 350 mg



Ingredients

- Cooking spray
- 3 large eggs
- 1 – 10 ounce box frozen chopped spinach, thawed and squeezed out
- 1/3 cup chopped bell pepper
- 1/3 cup chopped onion
- 3 Tablespoons all-purpose flour (use gluten free flour blend for GF version)
- ¼ cup grated Parmesan cheese
- 2 cups 1% milk cottage cheese
- ¾ cup 100% canned pure pumpkin
- 6 egg whites
- 8 slices crispy cooked turkey bacon, finely chopped



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Directions

1. Preheat oven to 375 degrees Fahrenheit. Spray 9 x 11" baking dish with cooking spray.
2. In a large bowl, combine eggs, spinach, bell pepper, onion, flour, Parmesan, cottage cheese and pumpkin. Stir well.
3. In another large bowl, beat egg whites on medium-high speed with an electric mixer for about 3-4 minutes or until they develop stiff peaks.
4. Fold egg whites into pumpkin mixture until combined. Pour into baking dish.
5. Bake for 60 minutes or until liquid free.
6. Sprinkle turkey bacon over top.



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