

SPINACH AND FETA BREAKFAST BAKE

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

Serves: 8 (Serving = 1 piece)

Nutrition (per serving)

Calories: 147

Total Fat: 4 g

Saturated Fat: 2 g

Sodium: 487 mg

Total Carbohydrate: 15 g

Dietary Fiber: 2 g

Protein: 13 g



Ingredients

- Cooking spray
- 3 cups frozen diced breakfast potatoes
- ½ cup grated Parmesan
- 1 ½ cups chopped mushrooms
- 1 ½ cup chopped tomato
- ½ medium onion, finely diced
- 3.5 ounce package reduced fat feta cheese
- 10 ounce frozen chopped spinach, defrosted and liquid squeezed out
- 15 ounce container egg substitutes, any flavor
- ½ cup skim milk
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- 1 teaspoon ground mustard
- Pinch nutmeg



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Directions

1. Preheat oven to 400 degrees Fahrenheit
2. Spray 9 x 13" baking pan with cooking spray.
3. Layer potatoes, Parmesan, mushrooms, tomato, onion, feta and spinach, one on top of the other, in the bottom of the baking pan.
4. In a small bowl whisk egg substitutes, milk and seasonings. Pour over vegetables and shake pan to evenly distribute.
5. Bake for 40-45 minutes. Let sit 5-10 minutes before serving.