



Spinach, Feta, and Artichoke Breakfast Bake

Recipe Source: www.skinnytaste.com, 8 servings

Ingredients:

10 oz fresh spinach, chopped
½ cup scallions, finely chopped
¾ cup artichokes (from canned), drained and patted dry
1/3 cup diced red pepper
1 clove garlic, minced
1 Tbsp fresh dill, chopped
8 large eggs
4 large egg whites
¼ cup fat free milk
2 Tbsp grated Parmesan cheese
1¼ tsp kosher salt
¼ tsp ground pepper
½ cup crumbled feta cheese

Steps:

- Preheat oven to 375°F. Spray a 9x13 baking dish with oil.
- In a small bowl combine spinach, scallions, artichoke, red pepper, garlic and dill. Pour into the casserole dish spreading evenly.
- In another bowl, whisk together the eggs, egg whites, milk, Parmesan, salt pepper. Mix in feta cheese and pour over vegetables.
- Bake until a knife inserted near the center comes out clean, 32-35 minutes. Let stand 8-10 minutes before cutting into 8 pieces.

Tips from the Test Kitchen: You can add even more vegetables! If you don't have fresh spinach, 10 oz frozen spinach can be used (thawed, drained, and patted dry). The flavor will be slightly different with frozen spinach.

Nutritional Facts (per serving): Calories: 135, Carbohydrates: 5 grams, Protein: 12 grams, Total Fat: 7 grams, Saturated Fat: 3 grams, Cholesterol: 196 mg, Sodium: 611 mg, Fiber: 1 gram, Total Sugars: 2 grams.