



Roasted Veggie Egg Bakes



1/6th of recipe (2 egg bakes): 122 calories, 3g total fat (2g sat. fat), 384mg sodium, 7g carbs, 1g fiber, 3g sugars, 15.5g protein

Prep: 20 minutes **Cook:** 40 minutes

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Ingredients

- 1 cup chopped bell pepper
- 1 cup chopped onion
- 1 cup chopped zucchini
- 1/4 tsp. each salt and black pepper
- 2 1/2 cups (about 20 large) egg whites or fat-free liquid egg substitute
- 2 tbsp. fat-free plain Greek yogurt
- 3/4 cup shredded reduced-fat cheddar cheese
- 1/4 cup chopped fresh basil

Directions

Preheat oven to 400 degrees. Spray a large baking sheet and a 12-cup muffin pan with nonstick spray.

Lay bell pepper, onion, and zucchini on the baking sheet, evenly spaced. Season with salt and black pepper.

Bake for 10 minutes. Stir/rearrange veggies. Bake until softened and lightly browned, about 10 more minutes.

Remove baking sheet from oven, and reduce heat to 350 degrees.

In a large bowl, whisk egg with Greek yogurt until mostly smooth. Stir in cheese, basil, and cooked veggies.

Evenly distribute mixture among the cups of the muffin pan. (Cups will be full.) Bake until firm and cooked through, about 20 minutes.

MAKES 6 SERVINGS

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