

Baked Veggie Scramble

10 egg whites

2 egg yolks

10 oz. chopped frozen spinach, thawed

3 peppers (red, yellow or orange), diced

1 package (3 oz.) sun-dried tomatoes, chopped

6 oz. shredded cheese, light

1-2 Tbsp. fresh herbs (basil or oregano) or 1 ½ tsp. of dried herbs (Italian seasoning or basil, oregano and marjoram) or both

Salt and pepper to taste

Preheat oven to 375*. Beat eggs in large, deep bowl. Add well-drained spinach, diced peppers, sun-dried tomatoes, cheese, herbs and spices. Stir well and pour into 9x13 Pyrex dish. Bake for 25 minutes. Serves 6.

Calories: 208

Total Fat: 8g

Saturated Fat: 4g

Trans Fat: 0g

Sodium: 91 mg

Total Carbs: 18 g

Dietary Fiber: 5 g

Sugars: 8 g

Protein: 20 g