



SPINACH & GOAT CHEESE EGG BAKE

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Eggs	8	Chopped Fresh Chives	1 Tbsp.
Egg Whites	1 Cup	Garlic Powder	½ Tsp.
Baby Spinach, chopped	3 Cups	Onion Powder	½ Tsp.
Mushrooms, sliced	1 Cup	Salt and Black Pepper, to taste	
Crumbled Goat Cheese	¼ Cup	Cooking Spray	

SERVING SIZE 1

PREPARATION

- Preheat the oven to 375°F and lightly coat an 8x8-inch baking dish with cooking spray.
- Heat a nonstick skillet over medium heat and sauté the mushrooms for 4–5 minutes until softened. Add the spinach and cook for 1–2 minutes until wilted. Remove from heat.
- In a large bowl, whisk together the eggs, egg whites, garlic powder, onion powder, salt, and pepper until fully combined.
- Stir the cooked vegetables and fresh chives into the egg mixture.
- Pour the mixture into the prepared baking dish and sprinkle the goat cheese evenly over the top.
- Bake for 30–35 minutes, or until the center is set and a knife inserted into the middle comes out clean.
- Allow to cool for 5–10 minutes before slicing into four equal portions.