



## Greek-Style Egg Bake



1/4th of egg bake: 193 calories, 6.5g total fat (2g sat. fat), 695mg sodium, 11g carbs, 2g fiber, 4g sugars, 22g protein

**Prep:** 15 minutes    **Cook:** 1 hour 10 minutes

More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

- 1 cup chopped red onion
- 1 cup seeded and chopped tomatoes
- 5 cups chopped spinach leaves
- 2 1/2 cups fat-free liquid egg substitute (like [Egg Beaters Original](#))
- 3/4 cup crumbled reduced-fat feta cheese
- 1/2 cup canned sliced black olives, drained
- 2 tbsp. chopped fresh basil
- 1/2 tsp. dried oregano
- 1/4 tsp. black pepper

### Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion until slightly softened, about 5 minutes. Add tomatoes and cook until softened, about 2 minutes. Transfer to a large bowl, and blot away excess moisture.

Add spinach to the skillet and cook until just wilted, about 2 minutes. Transfer to a strainer, and press with paper towels to remove as much liquid as possible.

Transfer spinach to the large bowl. Let cool slightly, about 5 minutes.

Add all remaining ingredients to the bowl, and mix well. Transfer to the baking pan.

Bake until center is firm, about 1 hour. Serve and enjoy!

**MAKES 4 SERVINGS**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.