

super-cheesy all-american breakfast bake

PER SERVING (entire recipe): 159 calories, 2.5g fat, 972mg sodium, 7g carbs, 1.25g fiber, 3g sugars, 24g protein

This is a fun little breakfast to serve if you're having guests over because it SEEMS like it's fancy and fattening, but it's simple and totally low in calories.

Just remember to make one for each person. It's too good to share!

Ingredients

- 2 cups fresh spinach leaves
- ½ cup fat-free liquid egg substitute
- 1 wedge The Laughing Cow Light Original Swiss cheese
- 1 slice fat-free American cheese
- 1 slice extra-lean turkey bacon
- Salt and black pepper, to taste

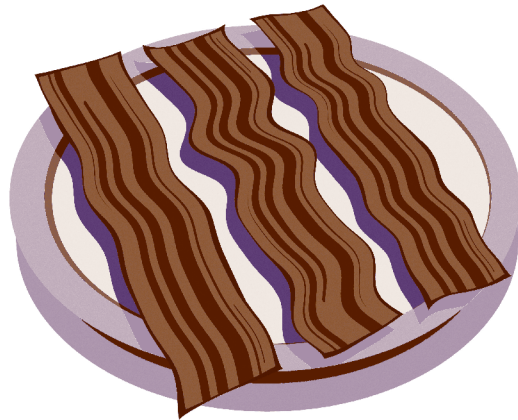
Directions

Preheat oven to 375 degrees.

Cook bacon according to package instructions, either in the microwave or in a pan with nonstick spray. Once cool enough to handle, chop the bacon into small pieces.

Bring a pan sprayed with nonstick spray to medium heat on the stove. Add spinach, and cook and stir until wilted.

Spray a small, round baking dish (5 to 6 inches wide) with nonstick spray. Place spinach in the dish. Break cheese wedge into quarters and place on top of spinach. Cover with bacon pieces.



Pour egg substitute over bacon, and top with slice of American cheese. Bake for 20 to 25 minutes, until egg substitute is firm and fully cooked. Season to taste with salt and pepper, and then enjoy!

MAKES 1 SERVING



For a pic of this recipe, see the photo insert in chapter xx. Yay!

Chew on This

Calling something “cheesy” used to be a compliment, meaning that it was a big deal. Eventually, slang and sarcasm got a hold of the term, twisted it around, and it came to mean the exact opposite. In our defense, this bake is “cheesy” in the old-school way.