

HASH BROWN EGG WHITE NESTS

“Perfect little portion controlled hash brown nests filled with eggs, cheese and ham. You can fill these little babies with any combination of ingredients. Leftovers can be reheated to eat throughout the week”.

Servings: 3 • **Size:** 2 egg muffins • **Calories:** 133.4 • **Fat:** 1.8 g • **Carb:** 15.3 g • **Fiber:** 1.8 g • **Protein:** 13.2 g • **Sugar:** 0.6 • **Sodium:** 297.7 (without salt)

INGREDIENTS:

- olive oil spray
- 1/2 cup minced onion
- 1 cup shredded potatoes, Simply Potatoes
- dash of garlic powder
- salt and pepper to taste
- 1 cup egg whites or egg beaters, beaten
- 2 tbsp diced onions
- 1/4 cup diced bell peppers
- 0.8 oz reduced fat Swiss, chopped
- 1 oz turkey ham, diced
- dash of garlic powder
- salt and pepper to taste



DIRECTIONS:

- **Preheat** oven to 375°. **Lightly spray** a muffin tin with oil spray. **Combine** potatoes, 1/2 cup onion, garlic powder, salt and pepper. **Fill** each muffin tin with 1/4 cup of potatoes and press along the side of the tin so that it forms a nest.
- **Bake** 35 minutes or until golden brown and edges are crispy.
- While nests are baking, **combine** the egg whites with remaining ingredients in a medium bowl.
- **Remove** nests from the oven when golden brown.
- Fill each cup with about 3 tbsp of egg mixture. **Return** to the oven and **bake** an additional 17-20 minutes or until eggs are fully cooked.