



Cauliflower Hash Egg Muffins

Ingredients:

- 1 tbsp olive oil, divided
- 2 tbsp onion flakes
- 3 cups fresh or frozen riced cauliflower (thaw and drain if frozen)
- 2 egg whites
- 1 packet Diet Right cheese, prepared
- ½ tsp salt
- ¼ tsp pepper
- ¼ tsp garlic powder
- 12 eggs
- 2 green onions, sliced

Directions:

1. Preheat oven to 425°F. Coat a 12-cup muffin pan with ½ tbsp oil.
2. In a large skillet, heat remaining ½ tbsp oil over medium-high. Add onions and cook until tender, 4 to 6 minutes. Add cauliflower and cook until slightly tender, 3 to 4 minutes.
3. Transfer cauliflower mixture to a large bowl and add egg whites, cheese, salt, pepper, and garlic powder. Mix well. Scoop a little less than ¼ c of cauliflower mixture into each muffin cup. Using your fingers or a spoon, press cauliflower mixture down and around sides of muffin cups to create nests. Bake 18 to 20 minutes, or until top edges become golden and crispy.
4. Reduce oven heat to 375°F and remove muffin pan. Crack one egg into each cup, taking care not to overflow the nest. Return pan to oven and bake until egg whites are no longer transparent, 8 to 10 minutes. For fully cooked-through eggs, bake 2 to 5 minutes longer. Top with green onion.

Servings: makes 6 servings. (Makes 12 muffins, 2 muffins to a serving).

Each serving = ½ cups select vegetables, 2 oz lean protein

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