



## EPISODE 14: Breakfast Feasts

### **Baked Ham and Eggs Rosemary**

½ cup lean ham  
1 10 oz. package spinach (thawed and drained)  
2 tsp unsalted butter (melted)  
1 ½ cup egg substitute  
4 oz. reduced fat feta cheese  
1 tsp crushed rosemary  
black pepper (to taste)

#### **Directions:**

*Preheat oven to 350°F. Spray an 8x8 baking dish with nonstick cooking spray. Layer ham and spinach in the dish evenly. Drizzle melted butter over spinach. Pour the egg substitute over spinach and ham, making sure to cover entire pan. Top the dish by sprinkling feta cheese, rosemary, and pepper evenly over the egg substitute. Bake dish for 20 minutes or until eggs have set. Serves 6.*

Per serving: 130 calories, 16 grams protein, 7 grams fat (3 grams saturated), 15 mg cholesterol, 3 grams carbohydrate, 2 grams fiber, 520 mg sodium

### **Cheddar Bacon Potato Bake**

4 oz. Canadian bacon (diced)  
½ small green bell peppers (diced)  
½ small red bell peppers (diced)  
1 small onion (chopped)  
2 cups egg substitute  
½ lb russet potatoes (grated)  
½ cup sharp cheddar cheese (shredded)  
½ tsp pepper  
salt (to taste)

#### **Directions:**

*Preheat oven to 350°. Spray a large casserole or six individual ramekins with nonstick cooking spray. In a medium pan, sauté the Canadian bacon, peppers, and onion until soft, draining after. Whisk egg substitute with potatoes, cheese, salt, and pepper. Mix Canadian bacon and vegetables into mixture. Pour evenly into prepared pan and bake for 45 minutes or until set. For individual ramekins, bake for 20 minutes. Serves 4.*

Per serving: 270 calories, 27 grams protein, 12 grams fat (5 grams saturated), 35 mg cholesterol, 11 grams carbohydrate, 2 grams fiber, 750 mg sodium