



# EGG WHITE CASSEROLE



## INGREDIENTS:

- 1.25 cups egg whites
- 1 cup 1% filtered milk, soy milk, or pea milk
- 1 cup broccoli
- cooking oil spray
- 1/4 tsp salt
- 1/4 tsp pepper
- 3/4 cup reduced fat cheese

## DIRECTIONS:

1. Pre heat oven to 375 F
2. Spray a 8x8 pan with cooking oil
3. Mix egg whites and milk then pour of oiled pan
4. Cut broccoli into small pieces and spread across the pan
5. Sprinkle salt and pepper over the egg white mixture
6. Bake for 35 minutes. After 35 minutes mixture should not be runny, if runny bake for an additional 2 minutes until fully cooked
7. Top with cheese and broil until cheese is melted
8. Allow the casserole to cool for ~10 minutes then cut into 4 equal servings  
Enjoy!

Makes 4 Servings | Each serving =  
Calories: 136 | Protein: 18 g | Carb: 6 g | Fat: 5 g | Fiber: 1 g