



**WEEKLY WEIGH-IN**

Since February is National Hot Breakfast Month, we thought we'd heat things up... Enjoy these YUM-azing and steamy a.m. dishes!



**Extra-Cheesy Mini Egg Bakes** **PRINT**  
 1/6th of recipe (2 mini egg bakes): 134 calories, 4g fat, 527mg sodium, 5.5g carbs, 1g fiber, 3g sugars, 16.5g protein -- **PointsPlus®** value 3\*

*These are like lil' omelettes made in a muffin pan! Adorable, convenient, portion controlled, tasty... What's not to love?*

**Prep:** 15 minutes  
**Cook:** 30 minutes

- Ingredients:**
- 1 1/2 cups chopped mushrooms
  - 1/2 cup chopped red bell pepper
  - 1/2 cup chopped red onion
  - 2 cups chopped spinach leaves
  - 4 wedges [The Laughing Cow Light Cream Swiss cheese](#)
  - 2 1/2 cups fat-free liquid egg substitute (like [Egg Beaters Original](#))
  - 1/4 tsp. garlic powder
  - 1/4 tsp. each salt and black pepper
  - 3/4 cup shredded reduced-fat cheddar cheese

**Directions:**  
 Preheat oven to 375 degrees. Generously spray a 12-cup muffin pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium heat. Add mushrooms, bell pepper, and onion. Cook and stir until softened, about 6 minutes. Add spinach and cook and stir until wilted, 1 - 2 minutes.

Transfer veggies to a large bowl, and blot away excess moisture. Add cheese wedges, and stir until smooth and well mixed. Add egg substitute and spices. Stir well.

Distribute egg mixture among the cups of the muffin pan. Bake for 15 minutes.

Sprinkle with cheddar cheese. Bake until centers are firm and cheddar cheese has melted, about 3 minutes. Enjoy!

MAKES 6 SERVINGS

**Veggie-Scramble Crescent Puffs** **PRINT**  
 1/8th of recipe (1 puff): 118 calories, 4.5g fat, 364mg sodium, 14.5g carbs, <0.5g fiber, 3.5g sugars, 6g protein -- **PointsPlus®** value 3\*

*Wrap up your breakfast scramble in delicious (and easy-to-use) dough! These things are SO good...*

**Prep:** 10 minutes  
**Cook:** 25 minutes  
**Cool:** 10 minutes

- Ingredients:**
- 1/4 cup finely chopped onion
  - 1/4 cup finely chopped mushrooms
  - 1 cup chopped spinach leaves
  - 2 wedges [The Laughing Cow Light Cream Swiss cheese](#)
  - 1 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
  - 1/4 tsp. garlic powder
  - 1/8 tsp. salt
  - Dash black pepper
  - 1 package [Pillsbury Reduced Fat Crescent roll dough](#).

**Directions:**  
 Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Bring a medium skillet sprayed with nonstick spray to medium heat. Cook and stir onion and mushrooms until softened and browned, about 4 minutes. Add spinach and cook until wilted, about 1 minute.

Transfer cooked veggies to a medium-large bowl and blot dry. Add cheese wedges, and stir until smooth and well mixed. Add egg substitute and spices. Mix well.

Remove skillet from heat, re-spray, and return to medium heat. Add egg mixture. Scramble until fully cooked, about 4 minutes.

Remove from heat and let slightly cool, 5 - 10 minutes.

Separate the 8 portions of dough, and lay them on a dry surface. Slightly stretch or roll each piece into a larger triangle. Evenly distribute egg scramble among the bases of the triangles. One at a time, beginning at the base, tightly roll up each piece of dough over the egg scramble to form a crescent. (If needed, press to seal.) Transfer crescents to the baking sheet.

Bake until dough is lightly browned, about 12 minutes. Enjoy!

MAKES 8 SERVINGS



**Hungry for More?**

Here are two more hot b-fast recipes we recently debuted -- try our [Cheesy Spinach Breakfast Tostada](#) and [Hot 'n Fruity Quinoa Bowl!](#)

Can't decide whether you want a grilled cheese or scrambled eggs? Have 'em both with this [Eggy Veggie B-fast Melt](#).

And if you're looking for large-and-in-charge egg dishes, look no further than the [Bacon Cheeseburger Egg Bake](#) and [Greek-Style Egg Bake](#). They're like the mama and papa of today's Extra-Cheesy Mini Egg Bakes!

And for even MORE morning meals, [check out this ginormous roundup](#). Yummm...



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**CHEW ON THIS:**  
 Today, February 6th, is National Chopsticks Day. We love us some sushi here at Hungryland. Check out our [Sushi Survival Guide!](#)

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