Cornell Wellness

6-Weeks of Meatless Mondays

Recipe Booklet
Garden Vegetable Soup

**INGREDIENTS**
- 2 Tbsp olive oil
- 1 & 1/2 cups chopped yellow onion (1 medium onion)
- 2 cups peeled and chopped carrots (about 5 carrots)
- 1 & 1/4 cups chopped celery (about 3 stalks)
- 4 cloves garlic, minced
- 4 (14.5 oz) cans low-sodium vegetable broth
- 2 (14.5 oz) cans diced tomatoes (undrained)
- 3 cups peeled and 1/2-inch thick diced potatoes (from about 3 medium potatoes)
- 1/3 cup chopped fresh parsley
- 2 bay leaves
- 1/2 tsp dried thyme, or 1 Tbsp fresh thyme leaves
- Salt and freshly ground black pepper
- 1 & 1/2 cups chopped frozen or fresh green beans
- 1 & 1/4 cups frozen or fresh corn
- 1 cup frozen or fresh peas

**INSTRUCTIONS**
1. Heat olive oil in a large pot over medium-high heat. Add onions, carrots, and celery and sauté 4 minutes, then add garlic and sauté 30 seconds longer.
2. Add in broth, tomatoes, potatoes, parsley, bay leaves, thyme and season with salt and pepper to taste.*
3. Bring to a boil, then add green beans.
4. Reduce heat to medium-low, cover and simmer until potatoes are almost fully tender, about 20 - 30 minutes.
5. Add corn and peas and cook 5 minutes longer. Serve warm.

**NUTRITION FACTS**
- Calories: 198
- Total Fat: 5g
- Cholesterol: 0mg
- Sodium: 510mg
- Total Carbohydrates: 25g
- Dietary Fiber: 9g
- Total Sugars: 6g
- Protein: 7g

**SERVINGS:** 8
**SERVING SIZE:** ~ 2 CUPS

**COOK TIME:** 40 MIN.

**BOOST FLAVOR**
- Add in more dried herbs (double or triple the amount of dried thyme). Other herbs to add include basil, oregano, rosemary, or Italian seasoning.
- Top the finished soup with grated parmesan or red pepper flakes.

* Percent Daily Values are based on a 2000 calorie diet.

Source: www.cookingclassy.com
Black Bean Stuffed Sweet Potatoes

**INGREDIENTS**
- 4 medium - large sweet potatoes
- 1/2 cup of Cashew Cream Sauce *(you could use reduced fat sour cream or plain Greek yogurt instead)*
- 1 teaspoon of lime juice
- 1/2 teaspoon of ground black pepper
- 1/2 of a medium red onion, finely diced (about 1 cup diced)
- 1 & 1/2 tablespoons of olive oil
- 1/4 teaspoon of garlic powder
- 1/4 teaspoon of onion powder
- 1/4 teaspoon of cumin
- 1/4 teaspoon of chili powder
- 1/2 teaspoon of sea salt
- 1 - 15oz can of black beans, drained and rinsed *(choose low-sodium if possible)*
- Optional: 1 avocado, diced - and fresh cilantro *(use a few sprigs of cilantro per sweet potato)*

**NUTRITION (APPROX.)**
- Calories = 390 kcal
- Fat = 16 g
- Sodium = 870 mg
- Carbohydrate = 53 g
- Protein = 10 g

**INSTRUCTIONS**
- Pre-heat oven to 350 degrees F.
- Place the sweet potatoes on a lightly greased baking tray and bake for 55-65 minutes or until a fork can easily be inserted into the flesh of the potatoes.
- Prepare the cream sauce by whisking together the cashew cream sauce, lime juice, and black pepper. Set aside.
- When the sweet potatoes have about 10 minutes left, heat the oil in a skillet over medium heat and then add in the onion. Sauté for 5 minutes until the onions begin to become translucent. Add in the spices, stir, and cook for an additional 3 minutes.
- Add the black beans to the skillet and toss to combine. Continue to cook, stirring frequently, until the black beans are fully heated through. About 5 minutes. Take off of the heat and set aside.
- Once the sweet potatoes are done baking, let cool slightly. Once cool, cut the sweet potatoes open and shred the flesh from the skin so that the inside is mashed and easy to scoop out.
- Evenly spread the black bean mixture and cashew cream sauce on top of the 4 sweet potatoes.

**Optional:** Top with chopped avocado and cilantro

**SERVINGS:** 4
**SERVING SIZE:** 1 SWEET POTATO

**COOK TIME:** 70 MIN.

Source: www.foodwithfeeling.com
Spinach and Mushroom Quesadillas

INGREDIENTS
- 8 oz. fresh, frozen, or canned mushrooms (choose low-sodium if going with the canned version)
- 1 Tbsp olive oil
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp freshly cracked pepper
- 1/8 tsp crushed red pepper
- 6 oz. frozen chopped spinach or 10 oz. fresh spinach
- 8 oz. reduced-fat mozzarella, shredded
- 1/4 cup sour cream *(use reduced fat sour cream or Greek yogurt as alternatives)
- (5) 7-inch flour tortillas *(use whole wheat as an alternative)

INSTRUCTIONS
- Slice the mushrooms (if fresh and unsliced) and add them to a skillet with the olive oil, garlic powder, crushed red pepper, and half of the salt and pepper. Sauté over medium until the mushrooms have released all of their water and it has evaporated out of the skillet. Set the mushrooms aside.
- While the mushrooms are cooking, thaw the frozen spinach then squeeze out as much of the water as possible. For fresh spinach, cook it down in a skillet giving it a wilted look before moving to the next step.
- Add the mushrooms, spinach, shredded mozzarella, sour cream, and another 1/8 tsp each of salt and pepper to a bowl, then stir to combine.
- Add about 1/2 cup of the cheesy spinach mushroom mixture to each tortilla, spread it out to cover one side of the tortilla, then fold to close.
- Cook the quesadillas in a skillet over medium heat until brown and crispy on the outside and melty on the inside (use butter or oil in the skillet for a fried-like texture).

SERVINGS: 5
SERVING SIZE: 1 QUESADILLA

NUTRITION (APPROX.)
- Calories = 300 kcal
- Fat = 18 g
- Sodium = 650 mg
- Carbohydrate = 20 g
- Protein = 16 g

Source: www.budgetbytes.com
The Best Vegetarian Chili

**INGREDIENTS**
- 1 tbsp olive oil
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 yellow bell pepper, diced
- 1 red onion, diced
- 5 garlic cloves, minced
- 1 cup low-sodium vegetable broth
- 15 oz. low-sodium Kidney beans, drained and rinsed
- 15 oz. low-sodium Black beans, drained and rinsed
- 15 oz. low-sodium Pinto beans, drained and rinsed
- 1 cup frozen corn
- 28 oz. low-sodium crushed tomatoes
- 1 heaping tbsp chili powder
- 1 tsp ground cumin
- 1/2 tsp garlic powder
- 1/8 tsp crushed red pepper, more or less to taste
- 1 tsp salt, more or less to taste
- 1 tsp regular paprika

Optional: Use a 12 oz. bag of frozen peppers and onions instead of fresh - Add 2 bags for extra veggies
Optional: Top with shredded cheese, green onions, and plain Greek yogurt - Tortilla chips on the side

**INSTRUCTIONS**
- Heat the olive oil in a large stock pot over medium heat. Add the onions, garlic, bell peppers and sauté until tender, about 5 minutes.
- Add all of the rest of the ingredients (vegetable broth through paprika from the ingredients list) and bring to a boil.
- Reduce heat and simmer on low for 40 minutes, stirring occasionally. The longer you cook it, the thicker your chili will be.
- Serve hot!

**SERVINGS: 6**
**SERVING SIZE: 1 CUP**

**COOK TIME: 45 MIN.**

**NUTRITION (APPROX.)**
- Calories = 300 kcal
- Fat = 2 g
- Sodium = 800 mg
- Carbohydrate = 62 g
- Protein = 18 g
- Fiber = 20 g

Source: www.pickyeaterblog.com
**Cauliflower Rice Buffalo Dip**

### INGREDIENTS
- 1/4 cup water
- 12 oz. riced cauliflower
- 1 - (5 oz.) bottle hot sauce
- 2 - (8 oz.) packages reduced-fat cream cheese
- 2 cups reduced-fat shredded cheddar cheese
- 1 cup blue cheese dressing or ranch dressing
- Blue cheese crumbles for garnish
- 5 large carrots, peeled and cut into 3-inch pieces, for serving
- 5 stalks celery, cut into 3-inch pieces, for serving
- Whole-grain crackers for serving

**INSTRUCTIONS**

In a medium saucepan over medium-high heat, add cauliflower rice and water. Cover and cook until tender, stirring occasionally, about 5 minutes.

Stir in hot sauce, cream cheese, cheddar cheese, and ranch or blue cheese dressing. Continue stirring until hot and bubbly, about 5 minutes.

Transfer to medium-sized bowl. Garnish with blue cheese crumbles.

Serve hot with carrots, celery sticks, or crackers.

**NUTRITION (APPROX.)**
- Calories = 110 kcal
- Fat = 7 g
- Sodium = 300 mg
- Carbohydrate = 6 g
- Protein = 5 g
- Fiber = 1 g

Frank's RedHot is the preferred classic Buffalo wing sauce for this recipe.
7 Layer Dip

**Ingredients**
- 1 & 1/4 cups salsa
- 16 oz. low-sodium refried beans, canned
- 2 Tbsp milk (1% or 2%)
- 8 oz. reduced-fat cream cheese, softened
- 1/2 cup reduced-fat sour cream
- 2 Tbsp taco seasoning
- 1 cup guacamole, pre-packaged
- 1 & 1/2 cups reduced-fat shredded cheddar cheese
- 1/2 cup black olives or tomatoes, sliced
- 4 green onions, sliced
- Tortilla chips or whole-grain crackers for serving

**Instructions**
- Place salsa in a strainer to drain any liquid (this keeps your dip from getting runny).
- Combine refried beans and milk (or you can use the liquid from the salsa if you prefer) until smooth. Spread in the bottom of a 9x13 pan.
- Combine cream cheese, sour cream and taco seasoning in a bowl and mix together. Spread evenly over refried beans.
- Spoon guacamole over cream cheese and gently spread evenly. Repeat with drained salsa.
- Top with cheese, olives/tomatoes and green onions.
- Chill 1 hour before serving.
- Serve with tortilla chips or crackers.

**Nutrition (Approx.)**
- Calories = 160 kcal
- Fat = 12 g
- Sodium = 450 mg
- Carbohydrate = 7 g
- Protein = 5 g
- Fiber = 2 g

Optional: Top with jalapenos or cilantro
The Best Veggie Supreme Pizza

INSTRUCTIONS

★ If using a baking sheet, preheat the oven to 500°F, or as high as it will go. (Do not put the baking sheet in during this time).
★ Or, if using a baking stone/steel, place the stone/steel in the bottom third of the oven before you start preheating. Let the oven preheat for at least 30 minutes at 500°F. Then, if you’re using a baking stone or steel, switch the oven to Broil on high after 30 minutes.
★ Stretch or roll out your dough to a 12-to 14-inch circle, lightly oil the baking sheet, then transfer it to the baking sheet. If using a baking stone/steel, the pizza dough must first go on a lightly floured pizza peel (or parchment paper or rimless cookie sheet).
★ Spread the sauce on the dough, leaving a 1/2-inch border all around, then sprinkle with the chopped fresh herbs and half of the cheese. Add the remaining toppings in this order: onion, mushrooms, bell pepper, olives, remaining cheese, and tomato. Season with a pinch of salt and a few grinds of black pepper.
★ Transfer the pizza directly to the oven (if using a baking sheet) and bake until the crust is golden around the edges and evenly browned on the bottom - 10 to 20 minutes. Check frequently.
★ Or, if using a baking stone/steel, transfer the pizza from the pizza peel (or parchment paper or rimless cookie sheet) to the baking stone/steel and bake/broil - 6 to 8 minutes. Check frequently.
★ Remove the veggie pizza from the oven and let it rest for a couple minutes, then slice, add optional toppings and serve.

TOTAL TIME: 35 MIN.

SERVINGS: 6-8 SLICES

SERVING SIZE: 1 SLICE

NUTRITION (APPROX.)

- Calories = 175 kcal
- Fat = 5 g
- Sodium = 270 mg
- Carbohydrate = 25 g
- Protein = 9 g
- Fiber = 2 g

INGREDIENTS

- 1 (14-to 16-oz.) ball pizza dough - store bought - follow instructions on packaging - or make your own dough at home if capable
- 1/2 cup pizza (marinara) sauce
- 2 tablespoons finely chopped fresh basil and oregano (half and half, or all basil)
- 1 cup shredded reduced-fat mozzarella cheese
- 1/4 medium red onion, thinly sliced
- 3 medium cremini mushrooms, stemmed and thinly sliced
- 1/2 green bell pepper, stemmed, seeded, and thinly sliced
- 1/4 cup sliced black olives
- 1/2 medium tomato, chopped
- Salt
- Black pepper

Optional: Mix and match veggies of your choice
Optional: Top with red pepper flakes and grated parmesan cheese after baking

Source: www.thursdaynightpizza.com
Caramelized Onions, Apples & Goat Cheese Pizza

**INSTRUCTIONS**

- Preheat oven to 375°F.
- In a pan over medium heat, melt two tablespoons of the butter. When pan is hot, add the onions and swirl around so they are covered, and cook down for 15 minutes until soft, swirling every 5 minutes so they don't burn.
- While these are cooking, heat the remaining two tablespoons of butter in a pan over medium high heat and add the apple slices and cook down for 10 minutes until soft. Remove from heat when finished.
- Spread the goat cheese over the pizza crust. Add the apples, then the onions on top.
- Bake for 8-12 minutes in the oven until the goat cheese is slightly melted. (Check pizza crust package for baking instructions).
- Strip the thyme from the leaves and sprinkle on top. Drizzle with honey and serve.

**SERVINGS:** 6 SLICES  
**SERVING SIZE:** 1 SLICE  
**TOTAL TIME:** 30 MIN.

**INGREDIENTS**

- 1 premade pizza crust (several varieties available)
- 1 large onion, sliced thinly
- 1 apple, cored and sliced thinly
- 4 oz. herbed goat cheese, softened or at room temperature
- 3 sprigs thyme
- 2 tablespoons honey, for drizzling
- 4 tablespoons butter

- Optional: Use reduced-fat mozzarella cheese as the base and sprinkle goat cheese on top
- Optional: Substitute fresh basil leaves for thyme

**NUTRITION (APPROX.)**

- Calories = 150 kcal
- Fat = 10 g
- Sodium = 132 mg
- Carbohydrate = 12 g
- Protein = 4 g
- Fiber = 1 g

Source: www.jessicainthekitchen.com.com
Breakfast Naan Pizza

INSTRUCTIONS

- Preheat oven to 425°F. Coat a rimmed baking sheet with cooking spray.
- Place naan on the prepared pan.
- Mix ricotta, marinara (or pesto) and lemon zest in a small bowl. Spread the mixture onto the naan, creating a well in the center.
- Carefully crack egg into the well. Sprinkle with Parmesan. Bake until the naan is golden, the egg white is set, and the cheese is melted, 8 to 10 minutes.
- Garnish with basil and pepper, if desired.

TOTAL TIME: 15 MIN.

INGREDIENTS

- 1 whole-wheat naan
- 2 tablespoons part-skim ricotta cheese
- 1 tablespoon low-sodium marinara or pesto
- 1/2 teaspoon lemon zest
- 1 large egg
- 1 tablespoon grated Parmesan cheese
- Chopped fresh basil and ground pepper for garnish

Optional: Broil the egg for 30 to 90 seconds, or until the egg whites and yolks set completely and any topping begins to brown and turn golden.

SERVINGS: 1

SERVING SIZE: 1 NAAN PIZZA

NUTRITION (APPROX.)

- Calories = 460 kcal
- Fat = 17 g
- Sodium = 760 mg
- Carbohydrate = 52 g
- Protein = 24 g
- Fiber = 5 g

Source: www.eatingwell.com
One-Skillet Southwest Quinoa

**INSTRUCTIONS**

- Heat oil in a large skillet over medium-high heat. Sauté jalapeño pepper and garlic in the hot oil until fragrant, about 1 minute.
- Stir black beans, tomatoes, corn, quinoa, and vegetable broth into the skillet. Season with pepper flakes, chili powder, cumin, salt, and black pepper; bring to a boil.
- Cover the skillet with a lid, reduce heat to low, and simmer until quinoa is tender and liquid is mostly absorbed, about 20 minutes.
- Add avocado, lime juice, and cilantro; stir until combined.

**TOTAL TIME: 40 MIN.**

**SERVING SIZE:** 1 CUP  **SERVINGS:** 4

**NUTRITION (APPROX.)**

- Calories = 450 kcal
- Fat = 15 g
- Carbohydrate = 67 g
- Protein = 17g
- Fiber = 17 g

★ Optional: Reduce amount of red pepper flakes for less spiciness
★ Optional: Top with your favorite salsa

**INGREDIENTS**

- 1 tablespoon olive oil
- 1 medium jalapeño pepper, chopped
- 2 cloves garlic, chopped
- 1 (15 oz.) can low-sodium black beans, rinsed and drained
- 1 (14.5 oz.) can fire-roasted diced tomatoes
- 1 cup yellow corn (canned or frozen)
- 1 cup quinoa
- 1 cup low-sodium vegetable broth
- 1 tablespoon red pepper flakes, to taste
- 1 & 1/2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- Salt and ground black pepper to taste
- 1 medium avocado - peeled, pitted, and diced
- 1 medium lime, juiced
- 2 tablespoons chopped fresh cilantro

Source: www.allrecipes.com
One-Pot Tomato Basil Pasta

**INSTRUCTIONS**

- Combine pasta, water, broth, tomatoes, oil, Italian seasoning, onion powder, garlic powder, salt and crushed red pepper in a large pot.
- Cover and bring to a boil over high heat.
- Uncover, reduce heat to medium-high and cook, stirring frequently, for 10 minutes.
- After the 10 minutes has passed, stir in spinach and cook, stirring often for 2-3 minutes, until most of the liquid has been absorbed.
- Stir in basil.
- Garnish with Parmesan, if desired. Serve warm.

**TOTAL TIME: 20 MIN.**

**SERVING SIZE:** 1 & 1/4 CUPS

**SERVINGS:** 4

**NUTRITION (APPROX.)**

- Calories = 340 kcal
- Fat = 10 g
- Sodium = 465 mg
- Carbohydrate = 55 g
- Protein = 11 g
- Fiber = 8 g

**INGREDIENTS**

- 8 oz. whole-wheat rotini (or penne)
- 1/2 cup water
- 2 cups low-sodium vegetable broth
- 1 (15 oz.) can no-salt-added diced tomatoes
- 2 tablespoons extra-virgin olive oil
- 1 & 1/2 teaspoons Italian seasoning
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper
- 6 cups baby spinach
- 1/2 cup slivered basil
- Grated Parmesan cheese for garnish

Optional: Sauté mushrooms and add them in with the basil.
One-Pot Mushroom Stroganoff

### INGREDIENTS

- 1 tablespoon olive oil
- 1 small yellow onion, sliced and quartered
- 10 oz. cremini mushrooms, cut into fourths
- 8 ounces dry whole-wheat rotini pasta (4 cups)
- 4 cups low-sodium vegetable broth
- 2 tablespoons nutritional yeast
- 1/4 teaspoon ground black pepper, to taste
- 1/3 cup cashew butter
- 1 tablespoon lemon juice
- 1/4– 1/2 teaspoons salt
- 2 tablespoons parsley, chopped

If you cannot find cashew butter, substitute it with 1/3 cup of cream cheese or sour cream

### INSTRUCTIONS

- Warm the oil in a large pot over medium heat. Add the sliced onions and cook until translucent, about 3 to 5 minutes.
- Add in the pasta, mushrooms, vegetable broth, nutritional yeast, and black pepper. Bring to a boil over high heat, then reduce the heat to medium-low and let simmer for 10 to 15 minutes, stirring occasionally to ensure nothing sticks to the bottom of the pan.
- Turn the heat off, then stir in the cashew butter and lemon juice until everything is well incorporated. Taste the pasta and add any additional salt, if necessary.
- Top with freshly chopped parsley and black pepper, and serve warm.

### NUTRITION (APPROX.)

- Calories = 425 kcal
- Fat = 15 g
- Carbohydrate = 59 g
- Protein = 16 g
- Fiber = 5 g

### TOTAL TIME: 20 MIN.

**Source:** www.frommybowl.com
1 cup creamy peanut butter (or choose a nut-free butter like sunflower butter)
1/2 cup honey (or agave syrup* for vegan)
4 cups Old Fashioned rolled oats
1/2 teaspoon salt
1/2 teaspoon cinnamon

Mix together all the ingredients in a bowl until it forms a sticky dough. If the mixture is dry and not sticky, add a bit more honey and/or peanut butter.

Add a sheet of parchment paper to a 9" x 9" pan. Place the ingredients in the pan and press it into an even layer. Use a small glass to roll over the top to get it smooth.

Freeze the bars for 15 minutes. Remove the pan from the freezer and use the parchment to lift it out of the pan. Cut into 16 squares or 32 rectangles. Store refrigerated for up to 2 weeks. You can eat right away or refrigerate for about 1 hour for a more solid texture.
Crustless Quiche With Spinach

INSTRUCTIONS

- Preheat oven to 375°F. Grease a 9” round pie dish. (Ex. Avocado Oil Cooking Spray)
- Place the spinach in a colander and let warm water run over it until it is thawed, about 1 minute. Then use your hands to squeeze out as much excess liquid as you can.
- In a large bowl, whisk the eggs. Then stir in the oregano, salt, garlic powder, cottage cheese, grated Parmesan cheese, spinach, and roasted red pepper. Add black pepper if you’d like.
- Pour the egg mixture into the prepared pie dish. Sprinkle the top with a few tablespoons of additional chopped roasted red pepper.
- Bake the quiche for 25 to 30 minutes, until set in the center and golden around the edges. Allow to rest for at least 15 minutes before serving.

★ Store refrigerated for up to 5 days.

TOTAL TIME: 45 MIN.
SERVINGS: 8
SERVING SIZE: 1/8 QUICHE

INGREDIENTS

- 10 oz. frozen spinach
- 6 large eggs
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1 cup cottage cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped low-sodium roasted red peppers (from a jar), plus more for topping
- Black pepper, to taste

★ Optional: Sauté veggies like broccoli, mushrooms, and onions and add them before baking

NUTRITION (APPROX.)

- Calories = 100 kcal
- Fat = 5g
- Carbohydrates = 4g
- Protein = 9g
- Fiber = 1g

Week 6
Meatless Mondays

Cornell Wellness
15-Minute Oatmeal Pancakes

**INGREDIENTS**
- 2 cups Old Fashioned rolled oats
- 1/2 cup low-fat Greek yogurt
- 2 large eggs
- 1/2 cup milk of choice (or non-dairy milk)
- 2 tablespoons salted butter, melted
- 2 tablespoons brown sugar
- 1 tablespoon vanilla extract
- 1 tablespoon baking powder
- 1/2 teaspoon salt

**Optional Toppings:** Maple Syrup & pecans; PB & fruit Jam; nut butters; fresh fruit

**Optional Mix-ins:** 1 cup of berries; 1/3 cup chocolate chips; 2 mashed bananas

**INSTRUCTIONS**
- Melt the butter. Place all ingredients in a blender and blend on high until a smooth batter forms.
- Wait 5 minutes for the batter to thicken.
- Lightly grease a skillet with butter and wipe off extra grease with a paper towel. Heat the skillet over low heat. Pour the thickened batter into small circles (about 1/3 cup each). Cook the pancakes until the bubbles pop on the top and the bottoms are golden: low and slow is the key! Then flip them and cook until golden on the other side.
- Add 1 tablespoon milk to the remaining batter and stir so that it is pourable. Cook the remaining batter, adjusting the heat as necessary (the skillet can get very hot on the second batch). Place the cooked pancakes under an inverted bowl to keep them warm. Serve immediately with maple syrup or desired topping.

**SERVING SIZE:** 1 PANCAKE

**SERVINGS:** 8

**TOTAL TIME:** 15 MIN.

**NUTRITION (APPROX.)**
- Calories = 170 kcal
- Fat = 5g
- Carbohydrates = 20g
- Protein = 7g
- Fiber = 2g

Source: www.acouplecooks.com
Hearty Hashbrown Breakfast Casserole

**INSTRUCTIONS**

- Preheat the oven to 375°F. Grease a 9" x 13" casserole dish. (Ex. Avocado Oil Cooking Spray)
- Finely dice the bell pepper. Thinly slice the green onions.
- Add the frozen hash browns, chopped pepper and green onion, and shredded cheese to the casserole pan and mix to combine. Sprinkle with the chili powder, garlic powder, cumin and 1 & 1/4 teaspoons salt over the veggie mix and stir to combine.
- In large bowl, whisk the eggs. Then whisk in the milk, sour cream and the remaining 1/2 teaspoon salt until fully combined (small dots of sour cream are ok). Pour the egg mixture over vegetables, then gently tap it down with a whisk to get everything evenly distributed.
- Bake 50 to 55 minutes until eggs are set (insert a knife and check to make sure it is cooked through). Rest 5 minutes before slicing into pieces and serving.

*Store refrigerated for up to 5 days.*

**SERVING SIZE:** 1/8 CASSEROLE  
**SERVINGS:** 8

**TOTAL TIME:** 65 MIN.

**INGREDIENTS**

- 2 green onions
- 1 small red bell pepper
- 16 oz. frozen hash browns
- 8 oz. shredded low-fat cheddar cheese
- 1 tablespoon chili powder
- 1 tablespoon garlic powder
- 1 tablespoon cumin
- 1 & 3/4 teaspoons salt, divided
- 12 eggs
- 1 cup milk
- 1/2 cup sour cream, plus more to serve
- Salsa, to serve

**Optional:** Grate and use 2 medium russet potatoes instead of frozen hash browns

**NUTRITION (APPROX.)**

- Calories = 310 kcal
- Fat = 19g
- Carbohydrates = 15g
- Protein = 19g
- Fiber = 1g

Source: www.acouplecooks.com