

Slow Cooker Breakfast Casserole with Ham, Cheese, and Spinach

Prep Time: 10 Min Cook Time: 4 Hours Total Time: 4 Hours, 10 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 1 piece

Amount Per Serving

Calories 220	Calories from Fat 77
	% Daily Value*
Total Fat 9g	13%
Saturated Fat 3g	16%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 201mg	67%
Sodium 750mg	33%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	10%
Sugars 2g	

Protein 22g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 10 oz hash brown potatoes (refrigerated or defrosted frozen)
- 1 green pepper, diced
- 1/4 cup onions, diced
- 4 oz boneless lean ham, chopped
- 10 oz frozen spinach, defrosted and drained
- 1 cup reduced fat shredded cheddar cheese
- 6 eggs
- 6 egg whites
- 1/4 cup skim milk
- 1/2 tsp salt
- 1/4 tsp pepper

Directions

- 1 Spray the crockpot with nonstick cooking spray.
- 2 Mix the hashbrowns with the onions and peppers. Press into the bottom of the crockpot and season with salt and pepper.
- 3 Mix together the spinach and ham in a bowl. Layer half in the crockpot and top with 1/2 cup cheese. Layer the additional veggies on top and add remaining cheese.
- 4 Whisk together the eggs, egg whites, milk, salt, and pepper.
- 5 Pour the eggs over top.
- 6 Cook on high for 4 hours or low for 6-8 hours until cooked through.

Notes

