

SPINACH EGG BASKETS



Fun for Breakfast!

Get your protein, veggies, and carbs all in 1 or 2 bites. Make a batch of 12 in a muffin tin, then store them perfectly in the refrigerator or freezer for an easy reheat.

Can't find frozen spinach soufflé?

Here's an easy substitute: Combine 1 8-oz package of frozen, chopped spinach (cooked, drained, cooled, and squeezed of excess water, then finely chopped in food processor), 1/2 cup skim milk, and 6 oz egg whites.

Ingredients

- 1 small bag frozen shredded hash browns or Tater Tots®*
- 1 12-oz package frozen spinach soufflé, thawed (defrost in microwave for approximately 3 min)
- ¼ cup skim milk
- 4 eggs or 4-oz egg substitute
- 4 slices low-fat American cheese, chopped
- Salt and pepper to taste
- Add-ins (optional):
 - 4-oz cooked lean breakfast meat, such as ground turkey sausage or Canadian bacon
 - finely chopped red pepper or green chilies (avoid hot peppers and onions), finely diced chives or other herbs (optional)

Steps

For the crust:

1. Preheat oven to 425 degrees
2. Fill each cup of a muffin tin with hash browns or 3 Tater Tots®. Bake for 15 minutes or until brown
3. Remove from the oven. Using a spoon, press the potatoes to the sides and bottom of each muffin cup to form a crust for the other ingredients

For the filling:

1. While the potatoes are cooking, in a medium mixing bowl, beat the 4 eggs or 4-oz. egg substitute and season lightly with salt and pepper. Add the skim milk and spinach soufflé or soufflé substitute. Mix until combined
2. Add an even amount of cheese to each muffin cup. If using add-ins, place a small amount in each cup
3. Pour the egg mixture evenly into each muffin cup on top of the hash browns or Tater Tots®, cheese, and add-ins
4. Bake for 15 minutes. They're done when a food thermometer reads 160 degrees



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This recipe was created by our RealSupport™ nutritionist especially for our members. Remember, please talk to your health care provider to determine if this recipe or any other food is appropriate for you.

*Tater Tots are a registered trademark of the H. J. Heinz Company, L.P.

Please note that Novartis Pharmaceuticals Corporation does not endorse the use of any foods highlighted in this article; all information is provided for educational purposes only. Use of any food in this recipe is not intended to treat or cure carcinoid syndrome. You are advised to speak to your health care provider before introducing new foods into your diet.

Please see Important Safety Information on page 2. Please [click here](#) for full Prescribing Information.

Brought to you by RealSupport™, a patient information and support program for those with the severe diarrhea and flushing of carcinoid syndrome. RealSupport™ is provided by Novartis Pharmaceuticals Corporation, the maker of Sandostatin® LAR Depot (octreotide acetate for injectable suspension). For more information about the RealSupport™ program offerings, please follow us on www.facebook.com/SandostatinLARDepot.

INDICATIONS AND USAGE

Sandostatin® LAR Depot (octreotide acetate for injectable suspension) is indicated for patients in whom initial treatment with immediate release Sandostatin® (octreotide acetate) Injection has been shown to be effective and tolerated for:

- Long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors.
- Long-term treatment of the profuse watery diarrhea associated with VIP-secreting tumors.

In patients with carcinoid syndrome and VIPomas, the effect of Sandostatin Injection and Sandostatin LAR Depot on tumor size, rate of growth and development of metastases has not been determined.

IMPORTANT SAFETY INFORMATION

Warnings and Precautions: Treatment with Sandostatin LAR Depot may affect gallbladder function, sugar metabolism, thyroid and heart function, and nutritional absorption, which may require monitoring by your doctor.

Before taking Sandostatin LAR Depot: Tell your doctor if you have a history of heart disease or are taking other medications, including: cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine.

Common side effects: Most patients experience side effects at some time. Some common side effects you may experience include: back pain, fatigue, headache, abdominal pain, nausea, and dizziness.

Other information: Patients with carcinoid tumors and VIPomas should adhere closely to their scheduled return visits for reinjection in order to minimize exacerbation of symptoms.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please [click here](#) for full Prescribing Information.

To learn more, call 1-888-NOW-NOVA (1-888-669-6682) or visit www.sandostatin.com

