

Baked Eggs with Mushrooms and Spinach

From the American Institute for Cancer Research

<http://www.aicr.org/healthyrecipes/breakfast.html?page=2>

Ingredients

- 6 (1-oz.) slices whole-grain bread
- Canola oil cooking spray
- 1 Tbsp. extra virgin olive oil
- 1 medium onion, chopped
- 6 green onions, chopped, including green stems
- 2 cups sliced mushrooms (any variety)
- Salt and pepper
- 6 cups baby spinach leaves, loosely packed
- 6 large eggs
- ½ cup unsweetened almond milk or low-fat milk
- ½ cup reduced-fat cheddar, part-skim mozzarella cheese or Jarlsberg cheese
- 1 Tbsp. chopped parsley or chives

Instructions

1. Preheat oven to 350° F.
2. In toaster, lightly toast bread. Coat a 9x13-inch baking pan with cooking spray. Arrange toast in flat layer without overlapping.
3. In large skillet, heat oil over medium-high heat. Add onion and sauté 5 minutes. Add green onion and sauté 3 minutes.
4. Add mushrooms and cook until they begin to brown, about 2-3 minutes. Season to taste with salt and pepper. Cook another 4 minutes. Stir in spinach and let wilt, about 2-3 minutes.
5. Evenly spread mushroom and spinach mixture over toast.
6. Crack an egg over each piece of toast. Lightly season with salt and pepper, to taste. Pour milk over eggs and sprinkle with cheese.
7. Bake until egg whites are set, about 28-30 minutes. Garnish with parsley or chives. Cut into 6 sections and serve hot.

Makes 6 servings

Nutrition information per serving

Calories: 209	Dietary Fiber: 3.5 g
Total Fat: 9 g	Sodium: 309 mg
Saturated Fat: 3 g	Protein: 13.5 g
Cholesterol:	Carbohydrates: 19 g