

Breakfast Stuffed Portobellos

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 4 cup baby spinach
- Himalayan sea salt
- Freshly ground black pepper
- Pinch red pepper flakes
- 4 portobellos, stems removed
- 4 large eggs
- Freshly chopped parsley, chopped



1. Preheat oven to 375°. In a large skillet over medium heat, heat oil. Add garlic and cook until fragrant, 1 minute. Add cherry tomatoes and cook until starting to burst, 5 minutes. Add spinach and cook until wilted, 2 minutes more. Season with salt, pepper, and a pinch of red pepper flakes.

2. Place mushrooms stem side up on a small baking sheet. Spoon spinach mixture into each mushroom. Crack eggs over spinach.

3. Bake until whites are just set, about 30 minutes. Garnish with parsley before serving.

Makes 2 servings

Serving Size = 2 stuffed mushrooms

Enjoy with 1 cup of on plan fruit for a complete meal.

