

Mushroom Egg Cups

Yield: 2 Servings 1 Cap Each **Author:** Lauren

Prep time: 10 M Cook time: 20 M Total time: 30 M

Eggs seasoned with garlic, onion, and parsley and baked in a hollowed out portobello mushroom cap

INGREDIENTS:

- 2 Large Portobello Mushrooms
- 4 Eggs
- 1 tsp Garlic Powder
- 1 tsp Dried Onion Pieces
- 1 tsp Dried Parsley Flakes
- Salt and Pepper to Taste
- 1/4 cup Fat Free Cheddar if Desired

INSTRUCTIONS:

1. Preheat the oven to 400 degrees
2. Prepare a baking sheet with foil and spray with non-stick spray
3. Wash mushrooms, remove stems, and gently scrap out the inside of the caps with a spoon – careful not to rip the rims
4. Place the mushroom caps with the hollow side up and spray with non-stick spray
5. Season each mushroom with 1/2 tsp of garlic powder and dried onion pieces
6. Carefully crack 2 eggs into each mushroom cap
7. Add 1/2 tsp of parsley flakes to each mushroom and add salt and pepper to taste
8. Place in over for 20 minutes or until egg whites have turned white. This will give an over easy egg
9. For a cooked though Egg, leave in oven for 30 minutes
10. If desired, add cheddar cheese and place back in over until cheese is melted
11. Serve Hot and Enjoy!