



Issue # 535

December 16, 2014

Bake Up Some Breakfast Fun

There is nothing better than a hot breakfast on a cold morning. This earthy breakfast casserole recipe is an easy way to use cancer protective vegetables and whole grains. The combination of fiber and protein in this hearty dish will help satisfy any appetite.

Baked Eggs with Mushrooms and Spinach

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 works, shitake or crimini are especially good)
Salt and freshly ground black pepper
6 cups baby spinach leaves, loosely packed
6 large eggs
1/2 cup unsweetened almond milk or low-fat milk
1/2 cup reduced-fat cheddar, part-skim mozzarella cheese or Jarlsberg cheese
1 Tbsp. chopped parsley or chives

Preheat oven to 350 degrees.

In toaster, lightly toast bread. Coat a 9x13-inch baking pan with cooking spray. Arrange toast in flat layer without overlapping.

In large skillet, heat oil over medium-high heat. Add onion and sauté 5 minutes. Add green onion and sauté 3 minutes.

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.

Evenly spread mushroom and spinach mixture over toast.

Crack an egg over each piece of toast. Lightly season with salt and pepper, to taste. Pour milk over eggs and sprinkle with cheese.

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.

Per serving: 209 calories, 9 g total fat (3 g saturated fat), 19 g carbohydrate, 13.5 g protein, 3.5 g dietary fiber, 309 mg sodium.

