

Herbed Spinach Quiche Portabella Caps

Here's a savory, healthful, time-saving twist to breakfast quiche. Use Portabella mushroom caps instead of high-fat pie pastry to make individual quiches. Provided by Fruits & Veggies - More Matters

Ingredients:

- 4 portabella mushrooms, 3-inch diameter
- cooking spray
- 3 large eggs
- Egg whites from 6 eggs
- 1/2 cup whole wheat grated bread crumbs (Panko)
- 1/4 cup nonfat milk
- 1 tsp low sodium garlic & herb blend (like Mrs. Dash)
- 1 cup cooked and drained, chopped, frozen spinach
- 1/4 cup reduced-fat Parmesan cheese, divided



Instructions

Place oven rack in center of oven; preheat oven to 375 degrees. Remove portabella stems; wipe clean with damp paper towel. Spray baking sheet with cooking spray, and place mushroom caps on baking sheet. In a mixing bowl, whisk together all remaining ingredients, except 1 TBS Parmesan cheese. Coat 10-inch non-stick pan with cooking spray and heat over medium flame. Cook and scramble egg mixture until it just starts to thicken. Remove from heat. Using a large spoon, scoop partially-cooked, hot egg mixture into portabella caps. Sprinkle tops with remaining Parmesan cheese. Bake about 20 minutes. Serve immediately.

Nutritional Information

Serves: 4

Calories: 190

Total Fat: 6g

Saturated Fat: 2g

% Calories from Fat: 32%

% Calories from Sat Fat: 9%

Protein: 17g

Carbohydrates: 14g

Cholesterol: 145mg

Dietary Fiber: 4g

Sodium: 330mg

Source: Fruits and Veggies More Matters