



Perfect Portabella Benedict



Entire recipe: 157 calories, 7.5g total fat (2.5g sat. fat), 520mg sodium, 11g carbs, 3g fiber, 5g sugars, 12g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

- 1 large portabella mushroom cap (stem removed)
- 1 tbsp. fat-free plain Greek yogurt
- 1 tsp. Dijon mustard
- 1 tsp. whipped butter
- 1 drop lemon juice
- 1 cup spinach leaves
- 1/4 cup chopped tomatoes
- 1/8 tsp. garlic powder
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- 1 tsp. white vinegar
- 1 large egg

Directions

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

Place mushroom cap on the baking sheet, rounded side down. Bake until slightly tender, about 8 minutes.

Meanwhile, make the sauce: In a small microwave-safe bowl, combine yogurt, mustard, butter, and lemon juice. Mix until mostly uniform.

In a medium microwave-safe bowl, microwave spinach for 45 seconds, or until wilted. Blot away excess moisture. Add tomatoes, garlic powder, salt, and pepper. Microwave for 30 seconds, or until hot.

Blot away excess moisture from mushroom cap. Fill with spinach-tomato mixture.

Fill a medium pot with 2 inches of water. Add vinegar, and bring to a boil. Reduce to a simmer. Crack egg into a small shallow bowl. Stir water, and gently add egg. Cook until egg white is mostly opaque, 3-5 minutes.

With a slotted spoon, carefully transfer egg to a layer of paper towels. Once excess water has been absorbed, transfer egg to the mushroom cap.

Microwave sauce until hot, about 20 seconds, and stir. (For a thinner sauce, add water.) Spoon sauce over egg.

MAKES 1 SERVING

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