



Portabella Huevos Rancheros



Entire recipe: 215 calories, 5g total fat (1.5g sat. fat), 647mg sodium, 29g carbs, 8g fiber, 8g sugars, 15g protein

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



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Ingredients

- 1 large portabella mushroom cap (stem removed)
- 1/4 cup chopped tomatoes
- 1/4 cup canned crushed tomatoes
- 1/4 cup chopped bell pepper
- 2 tbsp. chopped onion
- 2 tbsp. canned diced green chiles
- 1/2 tsp. taco seasoning
- 1/8 tsp. garlic powder
- 1/4 cup fat-free refried beans
- 1 large egg
- Optional topping: chopped fresh cilantro

Directions

Preheat oven to 400°F. Lay a piece of heavy-duty foil on [a baking sheet](#), and spray with nonstick spray.

Place mushroom cap on the center of the foil, rounded side down. Top with another piece of foil. Fold together and seal all four edges of the foil, forming a well-sealed packet. Bake for 14 minutes, or until slightly tender.

Meanwhile, bring a skillet sprayed with nonstick spray to medium heat. Add chopped tomatoes, crushed tomatoes, bell pepper, onion, green chiles, and taco seasoning. Stirring occasionally, cook until veggies have softened, 4–6 minutes. Transfer to a bowl, and cover to keep warm.

Cut packet to release steam before opening entirely. Remove foil, and carefully drain excess liquid from the baking sheet. Thoroughly blot excess moisture from mushroom cap. Season it with garlic powder, and fill with refried beans. Bake until hot, about 5 minutes.

Meanwhile, clean skillet, if needed. Spray with nonstick spray, and return to medium heat. Cook egg over easy, 1–2 minutes (or cook to your preference).

Top mushroom with the egg, followed by the sauce.

MAKES 1 SERVING

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HG FYI: Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

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