



Portabella Poached Egg



Entire recipe: 182 calories, 9.5g total fat (4.5g sat fat), 405mg sodium, 9g carbs, 3g fiber, 3g sugars, 16g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1 portabella mushroom cap (stem removed)
1 cup spinach leaves
Dash salt
1 tsp. white vinegar
1 large egg
1 slice reduced-fat cheddar cheese
1 large tomato slice
Optional topping: black pepper

Directions

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

Place mushroom cap on the sheet, rounded side down. Bake until tender, about 15 minutes. Remove sheet, but leave oven on.

Meanwhile, bring a medium pot sprayed with nonstick spray to medium-high heat. Add spinach and salt. Cook and stir until wilted, about 1 minute. Remove from heat, transfer spinach to a layer of paper towels, and blot away excess moisture.

Clean pot, and fill with 2 inches of water. Add vinegar, and bring to a boil. Once boiling, lower temperature until a steady simmer is reached.

Crack egg into a small shallow bowl. Give water a stir, and gently add egg. Cook until egg white is mostly opaque, 3 - 5 minutes (3 for a runnier egg, 5 for a very firm one).

Using a slotted spoon, carefully transfer egg to a layer of paper towels to absorb excess water.

Blot excess moisture from mushroom cap, and top with cheese slice. Bake until cheese begins to melt, 1 - 2 minutes. Transfer to a plate, and top with tomato, spinach, and egg. If you like, sprinkle with black pepper.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.