



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

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



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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

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