Portobello Mushrooms Florentine

6 ingredients · 15 minutes · 2 servings

Directions

1. Preheat the oven to 425ºF (218ºC) and line a baking sheet with parchment paper. Arrange the portobello mushroom caps on a parchment-lined baking sheet and season with salt and pepper. Bake for 10 to 15 minutes. Remove from the oven and soak up any excess liquid with a towel.
2. Meanwhile, heat a nonstick skillet over medium heat and add half the oil. Once warmed, add the spinach. Cook until wilted and then remove and set aside.
3. In a small bowl, whisk the eggs. In the same skillet, add the remaining oil. Pour in the eggs and stir with a wooden spoon until scrambled and cooked to your liking. Remove from the heat.
4. Layer the spinach in the mushroom caps and top with eggs, feta, salt, and pepper. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving is one stuffed portobello mushroom cap.

More Flavor
Season with everything bagel seasoning or nutritional yeast.

Make it Vegan
Use a tofu scramble and vegan cheese.

Ingredients

8 ozs Portobello Mushroom Caps

Sea Salt & Black Pepper (to taste)

1 tsp Extra Virgin Olive Oil (divided)

2 cups Baby Spinach

2 Egg

2 tbsps Feta Cheese (crumbled, optional)

Ashley Grant
http://royallyfit.ca

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