

# SPINACH QUICHE PORTABELLA CAPS

## INGREDIENTS

- 4 portabella mushrooms (3-inch diameter)
- 3 large eggs
- 6 egg whites
- 1/2 cup whole wheat bread crumbs
- 1/4 cup nonfat milk
- 1 tsp. garlic powder
- 1 10-oz. bag of frozen spinach, cooked & drained
- 4 tbsp. low fat Parmesan cheese, divided
- Cooking spray
- Salt and pepper to taste



## DIRECTIONS

1. Place an oven rack in the center. Preheat oven to 375°F.
2. Remove **portabella** stems. Wipe clean with a damp paper towel.
3. Spray baking sheet with **cooking spray**, and place mushroom caps on top, curved side down.
4. In a mixing bowl, whisk together all **remaining ingredients, except 1 tbsp. Parmesan cheese.**
5. Coat a 10-inch nonstick pan with cooking spray and heat over medium heat.
6. Cook scrambled egg mixture until it just starts to thicken. Remove from heat.
7. Using a large spoon, scoop the partially cooked egg mixture into portabella caps.
8. Sprinkle tops with remaining Parmesan cheese. Bake for 20 minutes.
9. Serve immediately.



**SERVES 4**

## TOOLS & EQUIPMENT

Measuring cups, measuring spoons, large spoon, mixing bowl, baking sheet, knife, paper towels, whisk, nonstick pan

## GREAT ADDITIONS/SUBSTITUTIONS

Pair with sliced apples, strawberries, oranges or your favorite fresh fruits on the side.

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