

# Baked Eggs With Mushrooms and Spinach

## Ingredients:

- 6 (1-ounce) slices of whole grain brezad
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 6 green onions, chopped
- 2 cups sliced mushrooms
- 6 cups baby spinach leaves
- 6 large eggs
- 1/2 cup skim milk
- 1/2 cup mozzarella cheese
- 1 tablespoon chopped parsley
- Pepper to taste, optional

## Directions:

1. Preheat oven to 350°F.
2. In a toaster, lightly toast bread. Coat 9x13 baking pan with cooking spray. Arrange toast in flat layer without overlapping.
3. In a large skillet, heat oil over medium-high heat. Add onion and sauté 5 minutes. Add green onion and sauté 3 minutes. Add mushrooms and cook until they begin to brown, stir in spinach and let wilt.
4. Evenly spread mushroom and spinach mixture over toast.
5. Crack an egg over each piece of toast. Pour milk over eggs and sprinkle with cheese.
6. Bake until egg whites are set, about 28-30 minutes.
7. Cut into six sections and serve hot. Garnish with parsley.

## Nutrition Facts

Serving Size 6 sections (215g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 290mg	12%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 5g	20%
Sugars 5g	
<b>Protein</b> 13g	

Vitamin A 80% • Vitamin C 40%  
Calcium 25% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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