

# Baked Egg and Portobello Cups

Preheat the oven to 350 degrees. Place mushrooms on a lightly greased baking dish. Drizzle with olive oil and season with salt and pepper. Carefully break an egg into the center of each mushroom. Season again with salt and pepper and a good pinch of rosemary and thyme. Bake until egg white sets (about 15-20 min). Enjoy over a bed of greens with fresh sliced tomato and a drizzle of balsamic vinegar.

Serves 2.

Mushrooms are loaded with a host of important nutrients including selenium, riboflavin, niacin, copper and pantothenic acid. This vitamin profile and their distinctive meaty bite, makes mushrooms a natural substitute for more calorie dense foods. One portobello mushroom has only 30 calories- (2 grams fiber and 3 grams protein). It's almost too good to be true!!! Mushrooms fit into almost any eating style. Vegetarians can easily substitute beefy portobellos for burgers, while low carb or paleo eaters can replace their wheat-based bun with a juicy portobello. If you are a mushroom-lover don't hesitate; dig in and enjoy!!!!