

Mushroom Egg Cups - Guiding Stars

Prep Time	Cook Time	Servings
20 minutes	30 minutes	4

This is one breakfast (or brunch) option you can sink your teeth into! Chewy, tender mushrooms seasoned with thyme in soft, creamy baked eggs are wonderful straight from the cup or spooned onto whole-grain toast.



Ingredients

- 2 T. extra-virgin olive oil
- 1/3 c. shallot, minced
- 8 oz. mushrooms, sliced
- 2 T. fresh thyme, chopped
- 6 lg. eggs
- 3/4 c. 1% milk
- 1/4 t. kosher salt
- 1/2 t. ground black pepper
- 4 T. mozzarella cheese

Directions

Preheat the oven to 400°F. In a medium saucepan, warm the olive oil over medium-high heat. Add the shallot and sauté until soft. Add the mushrooms and cook until softened. Fold in the thyme.

Grease four (8 oz.) ramekins with cooking spray and place on a baking sheet.

Beat the eggs with the milk, salt and pepper. Divide the mushroom mixture evenly between the ramekins. Layer cheese on mushrooms and top with egg mixture.

Place baking sheet in the oven and cook for 20 to 25 minutes, or until the tops are golden.

Nutrition Facts

Serving Size: Calories: 0 Total Fat: 0g Saturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Sodium: 0mg Carbohydrates: 0g Fiber: 0g Sugars: 0g Protein: 0g Vitamin A: % Vitamin C: % Calcium: % Iron: %

Recipe by Guiding Stars at <http://guidingstars.com/recipes/mushroom-egg-cups/>

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