

Mushroom and Spinach Egg Cups

Ingredients

6 eggs
8 oz Maitake mushrooms chopped
½ tsp granulated garlic
2 cups spinach, roughly chopped
½ cup lowfat milk
¼ tsp dried Italian herbs, optional
Salt and pepper to taste



Directions

Prep muffin pan with spray oil
Preheat oven to 350°
In a large enough mixing bowl (3-4 qt) whip eggs, milk, garlic, salt and pepper until blended
Add chopped mushrooms and spinach and stir well
Pour into muffin tins and bake for 20-25 minutes

Recipe by Kurt Jacobson