

There is nothing better than a hot breakfast on a cold morning. This earthy breakfast casserole recipe is an easy way to use cancer-protective vegetables and whole grains. The combination of fiber and protein in this hearty dish will help satisfy any appetite.



## Baked Eggs with Mushrooms and Spinach

### Ingredients:

- 6 (1-ounce) slices whole-grain bread
- Canola oil cooking spray
- 1 T extra-virgin olive oil
- 1 medium onion, chopped
- 6 scallions, chopped, including green stems
- 2 cups sliced mushrooms
- Salt and freshly ground black pepper
- 6 cups baby spinach leaves, loosely packed
- 6 large eggs
- ½ cup unsweetened almond milk or low-fat milk
- ½ cup reduced-fat cheddar, part-skim mozzarella or Jarlsberg cheese
- 1 T chopped parsley or chives

Heat oven to 350 degrees. In toaster, lightly toast bread. Coat a 9-by-13 inch baking pan with cooking spray. Arrange toast in flat layer without overlapping. In large skillet, heat oil over medium-high heat. Add onion and sauté five minutes. Add scallions and sauté three minutes.

Add mushrooms and cook until they begin to brown, about two to three minutes. Season to taste with salt and pepper. Cook another four minutes. Stir in spinach and let wilt, about two to three minutes. Evenly spread mushroom and spinach mixture over toast. Crack and egg over each piece of toast. Lightly season with salt and pepper, to taste. Pour milk over eggs and sprinkle with cheese. Bake until egg whites are set, about 28 to 30 minutes. Garnish with parsley or chives. Cut into six sections and serve hot.

### 6 Servings

Per serving: 209 calories; 9g total fat (3g saturated fat); 19g carbohydrate; 13.5g protein; 3.5g dietary fiber; 309mg sodium.