

A YUMMY EARLY DOSE OF MUSHROOM BITES

Portabella egg bites

INGREDIENTS

6oz *Palumbo Foods Sliced Portabella Mushrooms*
Olive Oil
Kale
Eggs
Babybel Cheese
Cottage Cheese
Hot Sauce
Parsely
Salt and Pepper

INSTRUCTIONS

- 1 Preheat your oven and place a baking dish with 2 inches of water on a lower rack
- 2 In a skillet over medium heat, sauté your mushrooms in olive oil
- 3 Add the garlic & kale – stir and turn off the heat
- 4 In a blender, add the eggs, cottage cheese, cheese, hot sauce, parsley, salt & pepper then blend on high for 30 seconds until light & frothy
- 5 Spray a muffin tin with non-stick cooking spray
- 6 Pour in the egg mixture across the 6 muffin spots
- 7 Add in spoonfuls of mushroom & kale.
- 8 Bake at 300° for 30 minutes until the centers of the bites are set
- 9 Remove the pan from the oven and let them cool for a few minutes
- 10 Carefully remove and ENJOY!



Breakfast