



Baked Eggs with Spinach, Mushrooms & Leeks

Yield 6 servings. Recipe from BakersRoyale.com.

Ingredients

3 tablespoons olive oil
1/2 small onion, chopped
2 cups cremini mushrooms, sliced
1/2 cup leeks, sliced, (white and light green parts only)
6 cups baby spinach (6oz)
Salt and pepper to taste
6 slices crusty bread
1 cup finely grated parmesan
5 large eggs
3/4 cup whole milk
1 cup Gruyere cheese, coarsely grated
Fresh chives, minced

Nutritional info

Calories	422
Total Fat	20g
Cholesterol	181 mg
Sodium	623mg
Carbohydrates	40g
Protein	21g
Vitamin D	27mcg
Calcium	370mg
Iron	5mg
Potassium	243mg

Directions

1. Brush one tablespoon of the olive oil into a 12 inch cast iron skillet (or similar oven-proof pan).
2. Heat remaining two tablespoons of olive oil in skillet over medium-high heat. Stir in onions and cook until softened, about 5 minutes. Add in the mushrooms and leeks and cook until they are softened, about 3 minutes. Stir in the spinach and cook until wilted, about 2 minutes. Remove from heat and set aside to cool.
3. Arrange bread slices in a single layer in the skillet. Layer bread with mushroom mixture. Crack an eggs on top. Season with salt and pepper. Pour milk evenly over top and sprinkle with cheese. Bake until eggs are set, about 25-30 minutes.
4. Sprinkle with fresh chives and serve.