One Pan Stuffed Portobello Mushrooms

- 2 portobello mushrooms
- 1 small onion sliced
- 1 cup baby spinach or frozen spinach
- 2 cloves garlic
- 2 eggs
- 1 tablespoon chopped parsley
- 1 tablespoon olive oil
- 1 small tomato chopped as a garnish
- Himalayan sea salt and pepper to taste

1. In a pan large enough to hold the eggs and portobellos, add in the olive oil over medium to high heat.

2. Place the mushroom in the pan cap side down and allow to sear so a nice color develops. Season the side of the mushroom that is not down on the pan. Allow to pan fry about 4-5 minutes.

3. Simultaneously add in the chopped onions around the mushrooms and season with salt and pepper. Flip the mushroom and season the other side that is now facing up. Toss the onions a bit.

4. Add in the spinach and the garlic and close with a lid allowing everything to steam together nicely and the spinach to wilt. splitting it up evenly. Add more oil if necessary then crack the eggs in the same pan alongside the mushrooms. Season with salt and pepper.

5. Cover with the lid for 3 minutes until the egg yolks are over easy. Remove the portobello mushrooms, put on a plate and add the egg on top. Sprinkle with parsley and chopped tomatoes and enjoy!

Serving = 2 mushrooms with the eggs = just need a nice cup of plan approved fruit