

Sunny Portabella Mushrooms



Is it Portobello or Portabella mushrooms? On my package was written Portabella, therefore I am calling this huge earthy mushrooms Portabella...the funny thing is that is Portuguese, the term "bello" is for male and "bella" for female...but I guess mushrooms do not have gender...

I am sure that you have seen many of this recipe...but it is the first time that I made this...baked eggs in the portabella mushroom caps. I got the mushrooms from Costco therefore made it twice. My husband loved it! It is a real simple recipe...does not require any pan or stirring, and you serve right off the oven with a side of green salad...so healthy and tasty.

Oh! Before heading to the recipe, the new issue of Desserts Magazine is out and it is free for one more week, check it out if you love desserts, and this issue is loaded with summer treat.

Ingredients:

2 Portabella mushrooms

2 large eggs

4 slices of cold cut of your choice (prosciutto, mortadella, ham)

Pinch of oregano

Pinch of thyme

Salt and fresh ground pepper

Olive oil





Method:

Preheat oven at 375F.

Brush olive oil in an oven safe pan or silicon mat.

Wash and pat dry the mushrooms and remove the stem and some of the gills. Place the mushrooms on the oiled oven tray covered with aluminum foil or silicon mat

Sprinkle some oregano and thyme and layer 2 sliced of cold cut of your preference, I used mortadella (picture) and prosciutto.

Gently crack one egg in each mushroom cap, and again sprinkle more herbs, salt and fresh pepper. Make sure to not add too much salt since the cold cut contains lots of salt.

Bake for 25 to 30 minutes, until the eggs are set. Do not over bake, the color of the egg yolk is very deceiving as it will

give you the impression that is not done. You can decide if you like to bake longer by carefully touching the egg yolk and determine the “softeness” of it.

Remove from the oven and serve.



I hope you enjoy this simple and tasty recipe!

Did you know that Portabella mushrooms are low in calories, low in sodium and has not cholesterol? Moreover, these mushrooms are packed with minerals such as potassium, riboflavin and zinc and contain lots of fibers.

***Thank you for stopping by Simple Recipes [dot] Me
and have a great week!***