



EASY SHEET-PAN EGGS w/MUSHROOMS & SPINACH

Basic Lifestyle

INGREDIENTS

1

3 TBS extra-virgin olive oil

1 cup chopped onion

2 cloves garlic, minced

1 10-ounce package white or cremini mushrooms, sliced

1 TSP dried thyme

1 TSP salt, divided

1 TSP ground pepper, divided

1 10-ounce package frozen chopped spinach, thawed and squeezed dry

18 large eggs

½ cup lite milk

1 TBS Dijon mustard

1 cup shredded extra-sharp Cheddar cheese

INSTRUCTIONS

—Preheat oven to 300°. Coat a large rimmed baking sheet (13" x 18") with cooking spray.

—Heat oil in a large skillet over medium-high heat. Add onion; cook, stirring, until light golden 4 to 5 minutes.

—Add garlic; cook, stirring, until fragrant, about 30 seconds.

—Add mushrooms, thyme and 1/4 TSP each salt and pepper; continue cooking and stirring until the vegetables are tender, 5 to 7 minutes more.

—Stir in spinach and remove from heat.

—Whisk eggs, milk, mustard and the remaining 3/4 TSP each salt and pepper in a large bowl. Stir in Cheddar. Pour onto the prepared baking sheet, then sprinkle with the vegetable mixture. Bake, rotating the pan from back to front halfway, until just set, 20 to 25 minutes. Cut into 12 squares and serve.

SERVING INFO: (Yields 12 servings) - 1 square = 1 P, 1 V, 1 M, ½ FT

Recipe photo at [Instagram](#) and [Facebook](#).

