UCI Susan Samueli Integrative Health Institute



From the Kitchen of Executive Chef Jessica VanRoo

Romesco Spinach Mushroom Egg Bake

Serves 4

Ingredients

- 4 Portobello mushrooms, stems and gills removed
- ¼ cup romesco, homemade or store bought, recipe follows
- 2 cup baby spinach, about 2 oz
- 4 large eggs
- Salt and pepper
- 2 tablespoons fresh basil, finely chopped
- ¼ cup parmesan cheese
- ¼ cup skim mozzarella cheese, or use all parmesan

Instructions

- 1. Preheat your oven to 400 degrees. Line a baking sheet with parchment or a silicon baking mat.
- 2. Place the mushrooms on the tray. Spread 1 tablespoon of romesco on the bottom of each mushroom. Spread the spinach evenly between the mushrooms.
- 3. Crack an egg gently over the spinach and mushroom.
- 4. Top with ½ tablespoon basil, 1 tablespoon parmesan and 1 tablespoon mozzarella.
- 5. Bake for 15-20 minutes or until the egg white is set and cooked.

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Romesco Spinach Mushroom Egg Bake

Homemade Romesco

Ingredients

- ¼ cup toasted nuts of choice such as almonds, walnuts, pecans, cashews, etc.
- 1 roasted red bell pepper
- 2 garlic cloves
- ½ teaspoon lemon zest (optional)
- 1 tablespoon lemon juice, more to taste
- 3 tablespoons extra virgin olive oil

Instructions

1. Combine the nuts, bell peppers, lemon zest, juice, and garlic in a food processor. Blend until smooth. Then with the motor still on, drizzle in olive oil. Season to taste with salt and pepper.

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