

CARLOS' MINI EGG PIZZAS

Makes: 3-4 servings

SERVING SIZE: 2-3 mini pizzas

PREP TIME: 10 minutes

COOK TIME: 35 - 40 minutes



INGREDIENTS:



GLUTEN-FREE



PEANUT-FREE



NUT-FREE

- ½ tbsp olive oil
- 1 medium yellow onion, diced
- 1½ tbsp tomato paste
- 1 cup tomatoes, diced
- 1 cup mushrooms, chopped
- ½ cup reduced-fat mozzarella cheese, shredded
- 6 eggs
- ½ tsp salt
- ½ tsp dried oregano
- ½ tsp dried basil
- ¼ tsp black pepper



"I like mushrooms because they have a meat-like texture! They make my tacos juicy!"

-Carlos

★ Add a flavor boost to any meal with mushrooms! If you don't like them plain, you may enjoy their taste when mixed into your favorite meals. Mushrooms add a yummy and juicy texture to any dish.

★ **Mushroom Meat:** Using a food processor, chop 16 oz. of baby portobello mushrooms. Place the mushrooms in a pan with 1 tbsp each of soy sauce, balsamic vinegar, olive oil, and minced garlic—cook over medium-high heat. Once fully cooked, mix in 1-2 pounds of cooked lean ground poultry to create the perfect tacos or meat sauce.

DIRECTIONS:

1. In an oiled pan on medium-high heat, sauté onions and mushrooms until almost softened.
2. Add tomato paste. Cook and stir mixture until onions, mushrooms, and paste are combined. Approximately 1 minute.
3. Add chopped tomatoes. Cook for an additional 2 minutes.
4. In a medium bowl, crack and beat eggs until whipped. Add oregano, basil, salt, and pepper into egg mixture.
5. In a greased muffin tin, spoon $1\frac{1}{2}$ - 2 tbsp of vegetable mixture into each well.
6. Pour egg mixture into wells until they are $\frac{3}{4}$ full. Gently stir.
7. Bake at 325°F for 25-30 minutes. When almost fully cooked, sprinkle mozzarella onto each egg pizza. Continue baking until fully done.



Experiment with silicone muffin pans. They're easier to clean and give Mother Nature a helping hand.



Get your kids involved! They can easily rinse mushrooms with their hands. Put a couple of raw ones aside for you and your sous-chef to try. Then, compare it to the taste of cooked mushrooms. Which one do you like better?

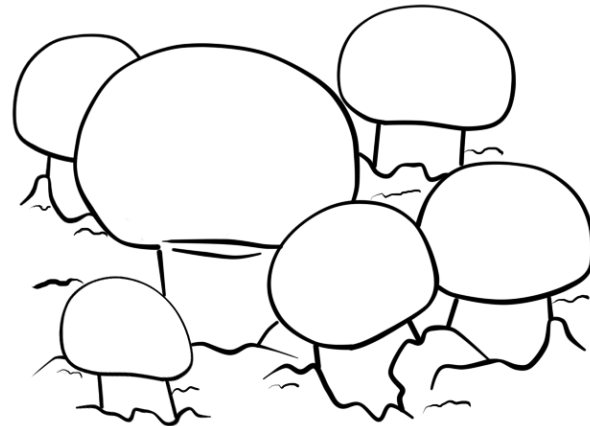


"Mushrooms love helping other plants become big and strong! They help to create rainfall so lots of plants can grow!"

- Carlos



Fun fact! Mushrooms are the only fruit or vegetable that has the sunshine vitamin. Look for food labels that mention "UV light exposure before harvest" or say "good source of vitamin D."



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