

Egg Strata with Spinach and Mushrooms

Recipe brought to you by: <http://www.best-low-carb-recipes.com/>

Makes 8 serving

PER SERVING:

248 Calories

18.5g Fat

4.14g Carb

0.98g Fiber

3.16g Net Carbs

16.1g Protein

(66.8% Fat, 27% Protein, 6.2% Carbs)

INGREDIENTS:

6 strips bacon, fried until crisp and crumbled

12 large eggs

1 tbsp butter

¼ cup heavy cream

2oz feta cheese, crumbled

3oz old cheddar, shredded

½ cup chopped onion

4 cups baby spinach, rinsed and chopped

1 cup canned mushrooms

salt to taste

freshly ground black pepper to taste

DIRECTIONS:

Use the butter to grease a rectangular 2.75 Qt glass dish. Set aside

In a medium size bowl, beat the eggs, cream, salt and pepper together.

Over medium-low heat, cook the onions in bacon fat until softened, about 5 minutes.

In a small bowl, cook the spinach with just the rinse water clinging to the leaves for about 2 minutes over medium heat. Let cool, drain and squeeze out all the remaining moisture.

Drain the canned mushrooms and squeeze out as much moisture as possible.

Add the vegetables and the cheeses to the egg mixture. Stir until well blended. Pour into prepared dish.

Evenly sprinkle the top with bacon bits.

Bake on the middle rack of a 350F oven for 60 minutes or until set in the middle and edges have turned golden brown.

Remove and let stand for about 10 minutes. Cut this egg strata recipe into 8 portions and serve with a simple salad.

<http://www.best-low-carb-recipes.com/>