

Large Portabello Benedict

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 20 minutes

Serves: 2

CChints: This recipe is good for breakfast or for brunch. The meatiness of the mushroom and the arugula makes a great brunch. Be sure to you large Portabella mushrooms that are 3 – 5 inches in diameter. To clean them, brush the tops and gills gently with a dry paper towel and carefully remove and discard the stems. Egg hint – eggs will crack easier on a hard surface and a padded one.

3 tablespoons olive oil, divided
2 large Portabella mushrooms
Salt and pepper to taste
1/8 cup parmesan cheese, fresh grated
2 pieces of sliced breakfast ham or Canadian Bacon
2 whole eggs
2 egg whites
1 tablespoon of water
1 cup arugula

Heat a large nonstick skillet over medium heat and add 1 tablespoon of oil. Use a spoon to gently scrape the dark gill fibers out of the mushroom and gently break out the stem. Be careful doing this because sometime the mushroom will break in half. Use a dry paper towel to wipe the top side and the gill side, too. Sprinkle both sides of each mushroom with another tablespoon and sprinkle lightly with salt and pepper. Lay each in the skillet, gill side down and cook covered for 4 minutes. Remove the cover and if it looks dry, add sprinkle 2 teaspoons of oil in the pan and flip the mushrooms over for 3 minutes. Turn off the heat and move the pan to the side.

During this time you can be cooking the ham and eggs in another skillet. Add 1 teaspoon of oil to the pan over medium heat and add the ham. Since the ham is precooked, they just need to be warmed up so cook on each side for 1 minute and remove them from the pan. Add 1 teaspoon of oil to the same skillet, swirl it around and reduce the heat slightly. Then break the eggs in to a bowl and add the water. With a fork, scramble the eggs and pour them into the skillet. Sprinkle with a little salt and pepper and cook the eggs, moving them around in in the pan, until they are done which should take about 3 minutes.

To serve, put a mushroom, gill side up on each plate, top with the cheese. Top with serving of eggs and a piece of ham. Divide the arugula among the plates and sprinkle with the remaining olive oil.

Enjoy!

