

Crustless Mushroom Spinach Tart

Ingredients

2 tablespoons seasoned bread crumbs
1/2 pound fresh mushrooms, sliced
1/2 cup chopped onion
2 tablespoons olive oil
1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
1 cup 2% milk
1 cup egg substitute
1/4 teaspoon salt
1/4 teaspoon pepper
1-1/4 cups shredded reduced-fat Mexican cheese blend, divided
1/3 cup grated Parmesan cheese

Method

Coat a 9-in. pie plate with cooking spray. Sprinkle bottom and sides with bread crumbs; shake out the excess. Set plate aside.

2. In a nonstick skillet, saute mushrooms and onion in oil for 12-14 minutes or until all of the liquid has evaporated. Remove from the heat; stir in spinach.

3. In a bowl, combine the milk, egg substitute, salt and pepper. Stir in the spinach mixture, 1 cup Mexican cheese blend and Parmesan cheese.

4. Pour into prepared pie plate. Bake at 350° for 35-40 minutes or until a knife inserted in the center comes out clean. Sprinkle remaining cheese around edge of tart. Let stand for 5 minutes before slicing.

