

Crustless Mushroom Spinach Tart

2 T seasoned bread crumbs
½ lb fresh mushrooms sliced (may use canned)
½ C chopped onion
2 T oil
1 pkg (10 ounces) frozen chopped spinach thawed and squeezed dry
1 C milk
1 C egg substitute or eggs
¼ tsp salt
¼ tsp pepper
1 ¼ C shredded reduced fat Mexican cheese blend divided
1/3 C grated Parmesan cheese

Coat 9" pie plate with nonstick cooking spray. Sprinkle bottom and sides with bread crumbs; shake out excess. Set plate aside. In nonstick skillet, sauté mushroom and onions in oil for 12 – 14 minutes or until all of the liquid has evaporated. Remove from heat; stir in spinach.

In a bowl, combine milk, egg, salt and pepper. Stir in the spinach, 1 cup Mexican cheese and Parmesan cheese. Pour into prepared pie plate. Bake at 350° for 35 – 40 minutes or until a knife inserted near center comes out clean. Sprinkle remaining cheese around edge of tart. Let stand for 5 minutes before slicing. Serves 6.