

Poached Egg on Baked Mashed Potato

- 2-3 c mashed potatoes
- 4 oz baby spinach; rinse then wilt by heating briefly in a pan with a little salt and pepper; drain
- 2 onions, thinly sliced and caramelized in a bit of olive oil, seasoned with salt, pepper and 1/8 teaspoon ground nutmeg (optional)
- 2 garlic cloves minced (Add to onions once they begin to caramelize)
- sea salt and freshly ground black pepper
- 3/4 c grated cheddar cheese
- 4 [poached eggs](#)
- 8 oz mushrooms, sliced, sautéed in a little olive oil and seasoned with salt and pepper

Preheat oven to 350F.

Combine the mashed potatoes with the caramelized onion and cheese. Season to taste. Separate the potato mixture into 4 nests, so that the poached eggs will fit inside. Bake on a baking pan lined with parchment paper for 15 minutes or until hot. Slide each potato nest onto a heated plate (you can heat the plates in the microwave for a minute) using a large spatula. Place the poached eggs in the center and the cooked spinach on the side. Sprinkle with salt and pepper. Garnish with mushrooms. Serves 4.

Jittery Cook