

TOMATO BAKED EGGS



SERVING SIZE

2



INGREDIENTS

ITEM

Tomatoes
Garlic Cloves
Olive Oil
Large Eggs
Chopped Parsley or Chives
Salt and Pepper

QUANTITY

2
2
1 Tbsp.
4
2 Tbsp.
To Taste



PREPARATION

- Preheat your oven to 400°F (200°C).
- Wash the tomatoes and cut them into thick slices, about ½ inch each, and arrange the tomato slices in a single layer in a baking dish or oven-safe skillet.
- Sprinkle the minced garlic over the tomatoes and drizzle the olive oil over the tomatoes and garlic. Season with salt and pepper to taste.
- Place the baking dish in the preheated oven. Bake for about 10-12 minutes, or until the tomatoes are just starting to soften.
- Remove from the oven and make four small wells in the tomatoes using a spoon. Carefully crack an egg into each well. It's okay if some of the egg white spills over.
- Season the eggs with a little more salt and pepper.
- Bake for another 8-10 minutes, or until the egg whites are set but the yolks are still runny. You can adjust the cooking time based on how well done you prefer your eggs.
- Once done, take the dish out of the oven. Sprinkle the chopped parsley or chives over the baked eggs and tomatoes.
- Serve hot and Enjoy!