BAKED EGGS IN TOMATO SAUCE

INGREDIENTS

- 1/2 white onion, diced
- 1 large clove garlic, minced
- 1/2 tsp sea salt
- 1/4 tsp red pepper flakes
- 1/2 tsp paprika
- 5 large tomatoes
- 2 eggs
- Garnish: fresh cilantro, hot sauce, parmesan cheese

INSTRUCTIONS

1. Preheat oven to 400 degrees F and lightly grease two oven-safe baking dishes.
2. To a saucepan over medium-low heat, add 1 Tbsp olive oil, onions, 1/4 tsp sea salt and cook for 7-8 minutes. Add garlic and cook for another 2-3 minutes.
4. Add paprika, red pepper flakes, tomatoes and another 1/4 tsp salt and stir. Simmer for 10-12 minutes.
5. Divide the sauce evenly between two shallow baking dishes and top with 1-2 eggs each.
6. Bake for 8-10 minutes. The whites should be cooked through but the yolk still soft. Garnish to your liking.

NUTRITION INFORMATION: serves 2, 111 calories, 8g protein, 11g carbohydrates, 5g fiber, 7g sugar, 5g fat, 164 mg cholesterol, 12g iron, 38% vitamin C, 28% Vitamin B6, 19% vitamin A

Recipe and Picture Courtesy of: Minimalist Baker