



Avocado Baked Eggs in Roasted Tomatoes

Yield: 6 servings (serving size: 1 stuffed tomato)

Ingredients

- 6 large vine - ripened tomatoes
- 2 Tbsp. olive oil
- 1 garlic clove, minced
- 2 Tbsp. fresh thyme leaves
- 18 baby spinach leaves, stems removed
- 1 ripe, fresh avocado, halved, pitted and peeled
- 6 large eggs

Preparation

1. Heat oven to 400 degrees F. Slice the top third off of each tomato. With a small spoon remove tomato cores and seeds and discard. Place tomatoes in a glass or ceramic baking dish.
2. In a small bowl, combine olive oil and garlic
3. drizzle over tomatoes. Sprinkle with thyme and a pinch of salt and pepper. Bake for 30 minutes. Add 3 spinach leaves to each tomato. Bake for 10 minutes.
4. Break an egg into each tomato. (Some egg white may spill over).
5. Cut avocado into short and thick slices. Tuck two slices into each tomato cup. Sprinkle with a pinch of salt and pepper.
6. Bake about 8 minutes, until whites are set and yolks are still soft.

Nutritional Information: Amount per serving

- Calories: 190
- Calories from fat: 66%
- Fat: 14g
- Saturated fat: 3g
- Protein: 8g
- Carbohydrate: 10g
- Dietary Fiber: 4g
- Cholesterol: 185mg
- Sugar: 3g