

Pomodoro Egg Bake

Cal-Maine Foods/Hickman's Family Farms/Hillandale Farms/Norco/NuCal Foods/Oakdell Egg Farms/Wilcox Farms

4 medium tomatoes

4 eggs

½ cup shredded Parmesan cheese,
divided

2 tablespoons thinly sliced fresh basil

4 English muffins, split, toasted

Preheat oven to 350°F.

Cut the top quarter off each tomato. Scoop out the tomatoes, leaving a thick shell intact. Remove any liquid from inside the tomatoes with a paper towel. Place the tomato shells in an 8-by-8-inch baking dish.

Sprinkle 1 tablespoon Parmesan cheese into each tomato shell. Break and slip an egg into each tomato. Sprinkle basil over the eggs.

Bake in the oven until the whites are completely set and the yolks begin to thicken but are not hard, about 30-35 minutes.

Sprinkle the remaining cheese over the eggs. Serve with English muffins. Makes 4 servings.

Nutritional information: Each serving has 269 calories, 16 g protein, 32 g carbohydrates, 9 g fat, 193 mg cholesterol, 3 g fiber, 511 mg sodium.

EM

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