



Baked Eggs in Whole Roasted Tomatoes - Day 4

Whole Living, May 2012

<http://www.marthastewart.com/176703/baked-eggs-whole-roasted-tomatoes>

Modifications by Laura McKay, B.S., Health Educator (in red)

Ketchup and eggs all grown up: These rustic tomatoes deliver a similar sweet-savory fix. (We particularly love the way the eggs soak up the juices.) Yield Serves 6

Ingredients:

- 6 large tomatoes
- 2 tablespoons extra-virgin olive oil (use Walnut or Sesame oil instead)
- Coarse salt and ground black pepper
- 1 tablespoon fresh thyme leaves
- 2 cloves garlic, thinly sliced
- 6 large eggs

Directions:

Heat oven to 400 degrees. Slice the top third off tomatoes and use a small spoon to remove core and seeds. Arrange in a baking dish, drizzle with oil, and season with salt and pepper. Sprinkle with thyme and garlic. Roast until tomatoes are tender and caramelized, about 30 minutes.

Crack an egg into each tomato and season with salt and pepper. Bake until eggs are just set, 7 to 9 minutes more.



Tip: For better aim, crack the egg into a teacup first, then pour it on the tomato.

ENJOY!

Always make sure your work surfaces, utensils, pans and tools are free of gluten. Always read product labels. Manufacturers can change product formulations without notice. When in doubt, do not buy or use a product before contacting the manufacturer for verification that the product is free of gluten.

The Allergy & Environmental Treatment Center

Testing, Diagnosis & Treatment of Environmental and Food Allergies.



Allergy & Environmental Treatment Center, LLC

Edwards Professional Park II
8952 East Desert Cove Drive, Suite 114
Scottsdale, Arizona 85260
Clinic: (480) 634.2985

Schedule an Appointment!

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 Tuesday: 9:00 am - 5:30 pm
 Wednesday: 9:00 am - 8:00 pm
 Thursday: 9:00 am - 5:30 pm
 Friday: 7:30 am - 5:00 pm
2 Saturdays/Month
 Saturday: 9:00 am - 1:00 pm
 Saturday: 8:00 am - 11:00 am

(See Website testing calendar for Saturday Schedules.)

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