

These tasty breakfast tomatoes are stuffed with eggs and baked in the oven until the tomatoes are just tender and the egg whites are fully cooked.

INGREDIENTS:

- 2 tomatoes large and firm
- Olive oil spray
- ½ teaspoon kosher salt or ¼ teaspoon fine salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon dried thyme
- 4 small eggs
- ¼ cup grated Parmesan
- 2 tablespoons chopped parsley for garnish



INSTRUCTIONS:

1. Preheat your oven to 400 degrees F.
2. Cut the tomatoes in half. Cut a tiny sliver from the bottom of each half, so that the tomatoes can stand upright without wobbling. Carefully scoop out the seeds and pulp with a spoon. You can run a sharp knife around the pulp to loosen it if needed.
3. Spray the hollowed tomatoes all over with olive oil. Place them on a baking dish, cut side up. Sprinkle the tomatoes with salt, pepper, garlic powder, and thyme.
4. Break each egg into a small ramekin, then slide it into a tomato half. If your eggs are large, you'll need to discard

some of the egg whites, to enable the eggs to fit inside the tomatoes.

5. Top the tomato halves with the Parmesan, 1 tablespoon for each tomato half.
6. Bake the tomatoes until the egg whites are set, about 20 minutes. Carefully pour out any extra liquids that might have accumulated around the eggs. Garnish with parsley and serve.

NUTRITION

Serving: 2 tomato halves | Calories: 148 kcal | Carbohydrates: 10 g | Protein: 6 g | Fat: 10 g | Saturated Fat: 3 g | Sodium: 485 mg | Fiber: 2 g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.