



From the Kitchen of Executive Chef Jessica VanRoo

Spinach and Tomato Baked Egg

Serves 4

232 calories per serving (236 with cheese)

Description from Live Well UCI Health Blog: www.ucihealth.org/blog

Spinach is a dark green super food that is high in fiber and an excellent source of iron, vitamins and minerals. Tomatoes are also packed with nutrients, including the powerful antioxidant lycopene. Add eggs, which contain all the essential amino acids our bodies need, and you have an inexpensive, filling low-calorie meal.

What makes this dish truly enticing, though, are the flavors of cumin, marjoram, paprika and chili, all of which have antioxidant and anti-inflammatory properties, along with many other health benefits.

Total cost: \$5.02/ \$1.26 per serving

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 jalapeno chili, seeded and finely chopped (optional)
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon red chili flakes
- 1 tablespoon fresh marjoram leaves or 1 teaspoon dry oregano
- 1 can (28 oz) crushed tomatoes, including juice
- 3 cups baby spinach leaves, coarsely chopped
- 4 large eggs
- 2 tablespoons grated parmesan cheese (optional)



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Instructions

1. Preheat your oven to 425 degrees.
2. Heat olive oil in a large skillet and saute onion, garlic and jalapeno over medium-high heat until softened.
3. Stir in cumin and red chili flakes, and cook 1 minute to release flavors. Stir in tomatoes with juice and salt, and cook for 5-7 more minutes.
4. With the back of a wooden spoon, smash tomatoes to break them apart. Reduce heat to medium, add spinach leaves and marjoram (or oregano), and simmer until slightly thickened and spinach is tender, about 10-12 minutes.
5. Transfer mixture to a medium-sized baking dish. Crack eggs into the sauce and sprinkle parmesan cheese on top.
6. Place in preheated oven, and bake until egg whites become opaque, about 10 to 12 minutes.
7. Let rest a few minutes then serve with crusty bread.