



Elliott Evans Nutrition, LLC
Prevent and Protect
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POACHED EGGS WITH ROASTED TOMATOES

WholeLiving.com

Serves 2

Ingredients:

- 1 pint cherry tomatoes (10 ounces)**
- 1 tablespoon extra-virgin olive oil**
- 1 tablespoon fresh thyme leaves, plus more for garnish**
- 2 large eggs**
- 1 whole-wheat English muffin, split and toasted**
- Kosher salt and freshly ground black pepper**

Preparation:

- 1. Heat oven to 425. Arrange tomatoes in a baking dish. Drizzle with oil and season with salt and pepper. Toss with thyme. Roast until tomatoes begin to burst, about 20 minutes. Scrape tomatoes and any juices into a bowl and let cool slightly.**
- 2. In a medium straight-sided skillet, heat 2 inches of water over medium heat until bubbles cover the bottom and sides of pan. Crack each egg into a separate small bowl. Gently pour eggs into pan, leaving room between them. Cook eggs, undisturbed, until white is just set and yolk is still loose, 4 to 5 minutes. Use a rubber spatula to gently release eggs from bottom of pan, if necessary. Use a slotted spoon, remove eggs from water. Blot bottom of spoon on a paper towel to remove excess water before serving.**
- 3. Serve eggs over English muffin halves. Season with salt and pepper. Top with roasted tomatoes.**

PER SERVING: 225 calories; 3 g saturated fat; 9 g unsaturated fat; 20 g carb