Breakfast, Latin American

Baked Eggs with Parmesan and Cumin

Halved ripe tomatoes act as sturdy edible cups, each holding a baked egg warmed with black pepper and cumin and topped with a little Parmesan cheese.

30 min	90	5 g	3 g
time	calories	carbs	sugars



Gluten free | Nut free

Ingredients, 4 servings

- [ ] 2 whole large ripe beefsteak or heirloom tomatoes
- [ ] 1 tsp black pepper
- [ ] 1 tsp cumin
- [ ] 4 med eggs
- [ ] 2 tsp Parmesan cheese (grated, reduced-fat)

Method

- [ ] **1** Heat the oven to 350°F.
- [ ] **2** Rinse the tomatoes, cut them in half, and scoop out the pulp and seeds so a 1/2 inch rim of tomato stays intact.
- [ ] **3** Arrange the tomato halves cut side up in a greased glass baking dish.
- [ ] **4** Scatter the black pepper and cumin over the tomato halves, then crack in the eggs, one per hollow.
- [ ] **5** Top each egg with 1/2 tsp of the Parmesan cheese.
- [ ] **6** Bake for about 25 minutes, until the eggs are set.

Nutrition Facts

Per serving

Calories	**90**
Total fat	5 g
Saturated fat	1.5 g
Sodium	85 mg
Total carbs	5 g
Fiber	1 g
Total sugars	3 g
Protein	7 g

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