Breakfast, American

Oven Baked Eggs in Zucchini Nests

Twists of zucchini are shaped into tender nests with cherry tomatoes, filled with a creamy pesto yogurt center and an egg, then finished with Parmesan and fresh basil.

25 min	140	5 g	3 g
time	calories	carbs	sugars



Gluten free

Ingredients, 4 servings

- [ ] 1 spray, 0.25 g nonstick cooking spray
- [ ] 1/2 cup plain nonfat Greek yogurt
- [ ] 1 tbsp pesto sauce
- [ ] 2 med zucchini (spiralized)
- [ ] 1 tsp extra virgin olive oil
- [ ] 1/8 tsp salt
- [ ] 1/8 tsp black pepper
- [ ] 1/2 cup cherry tomatoes (halved)
- [ ] 4 large eggs
- [ ] 1 tbsp Parmesan cheese
- [ ] 1/4 cup fresh basil (torn, for garnish)

Method

- [ ] **1** Heat the oven to 425 degrees F and coat a baking sheet with the nonstick cooking spray.
- [ ] **2** Stir the Plain Nonfat Greek yogurt and pesto sauce together in a small bowl.
- [ ] **3** Toss the spiralized zucchini with the Extra Virgin Olive Oil, salt, and black pepper.
- [ ] **4** Form the zucchini into 4 nests on the baking sheet and scatter the cherry tomato halves evenly among them.
- [ ] **5** Bake for 5 minutes, until slightly softened, then take the sheet out of the oven.
- [ ] **6** Press a well into the center of each nest, spoon the pesto yogurt mixture into the wells, and crack a large egg into each one.
- [ ] **7** Return the sheet to the oven and bake for 10-12 minutes, until the eggs are set to your liking.
- [ ] **8** Top with the Parmesan cheese and torn fresh basil, and serve right away.

Nutrition Facts

Per serving

Calories	**140**
Total fat	9 g
Saturated fat	2 g
Sodium	160 mg
Total carbs	5 g
Fiber	1 g
Total sugars	3 g
Protein	11 g

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