

# Roasted Tomato Egg Bowl

4 SERVINGS 35 MINUTES



## INGREDIENTS

2 Tomato (cut in half)  
1 cup Baby Spinach (finely sliced)  
4 Egg  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	82	Iron	1mg
Fat	5g	Vitamin D	41IU
Carbs	2g	Folate	54µg
Fiber	1g	Magnesium	16mg
Protein	7g	Zinc	1mg
Vitamin C	11mg		

## DIRECTIONS

- 01 Preheat your oven to 450°F (232°C).
- 02 Cut tomatoes in half and scoop out the seeds and flesh so it looks like a cup. Slice a small piece of the bottom to create a flat surface so the cup will sit upright.
- 03 Place the tomato cups on a baking sheet and pack ¼ cup sliced spinach into the bottom of each. Crack an egg in each tomato cup to cover the spinach. Place on a baking sheet and bake in the oven for 15 - 20 minutes (depending on how runny you like your eggs).
- 04 Remove from oven and season with sea salt, black pepper, and herbs of your choice. Enjoy!

## NOTES

RECIPE ID 506