

PREPARATION: 10 MINUTES

COOKING: 25 MINUTES

2 SERVINGS

VEGGIE BAKED EGGS

INGREDIENTS

1 tablespoon olive oil

1 cup onion, diced

1 teaspoon ground cumin

½ teaspoon smoked paprika

1 bay leaf

2 cups savoy cabbage, chopped

1 cup coloured bell pepper, diced

2 garlic cloves, minced

1 teaspoon honey

1 tablespoon balsamic vinegar

1 teaspoon dried oregano

Pinch of hot pepper flakes

4 eggs

¼ cup fresh goat cheese*, crumbled

¼ cup fresh cilantro, chopped

Black pepper to taste

2 slices of sourdough bread



* or mozzarella

PREPARATION

- 1** In a large non-stick frying pan, heat olive oil over medium heat. Add onion, cumin, paprika, and laurier leaf. Cook, stirring occasionally, until onion are translucent (5 minutes).
- 2** Add cabbage, bell peppers, garlic ,and honey. Cook 10 minutes or until cabbage is tender.
- 3** Add vinegar, oregano and hot pepper flakes. Cook another 5–6 minutes until most of the liquid has been absorbed. Remove bay leaf and discard.
- 4** With the back of a spoon, make four wells in the sauce, and crack each egg into a well. Cover with a lid and let simmer until the egg whites are cooked and the yolks are still soft (4–5 minutes).
- 5** Season with black pepper and garnish with cheese and cilantro. Serve with bread and enjoy!

Nutrient Analysis

PER SERVING:

½ of recipe

RENAL EXCHANGE:

3 Protein + 1 Starch + 4 ½ Vegetable

Calories	459 Kcal
Protein	23 g
Carbohydrates	43 g
Fibre	7 g
Sugars	15 g
Total Fat	23 g
Saturated Fat	7 g
Cholesterol	375 mg
Sodium	447 mg
Potassium	670 mg
Phosphorus	306 mg