

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**