



# BAKED TOMATO AND EGG CUPS

## DIRECTIONS:

1. Preheat oven to 450°F.
2. Cut each tomato into half. Arrange in a foil-lined 15 x 10 x 1-inch baking pan.
3. Crack eggs and gently pour into the cavity of each tomato.
4. Season to taste.
5. Bake for 6-7 minutes for a runnier egg, or 8-10 for a soft set egg.
6. Serve alone or with toast.

*Note: To help keep each tomato level, slice a small amount off the bottom of each.*

## YOU WILL NEED:

- 3 tomatoes, halved and seeded
- 6 eggs
- salt and pepper to taste
- additional seasoning ideas (optional):
  - basil
  - red pepper flakes
  - Italian seasoning
- shredded cheese for topping (optional)



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