

Baked Eggs with Tomato Compote

Total Time: 30 minutes

Serves: 6

Serving Size: 1 cup

Ingredients

- 2-3 tablespoons extra virgin olive oil
- 3 teaspoons ground cumin
- 1 tablespoon chili flakes
- 2 teaspoons smoked paprika
- 2 teaspoons fine sea salt
- 1 cup spring (or regular) onion, chopped
- 1 clove garlic, chopped
- 1 cup cherry tomatoes, halved or quartered
- ¼ cup chopped cilantro
- 2 pieces of whole wheat pita bread, cut into quarters
- 6 large organic eggs

Preparation:

- Preheat oven to 350F degrees. Add olive oil to a large skillet over medium-high heat. Stir in the cumin, chili flakes, paprika, salt, onion, and garlic. Cook until onions soften, just a minute or two. Stir in the chopped tomatoes and cook until the tomatoes release their juices. Set aside.
- Take quartered pita bread, gently open each of them and tuck them into a jumbo muffin tin. You can also substitute ramekins if you do not have a jumbo muffin tin. If the pita splits, just overlap the bread so there is coverage across the bottom so the egg and filling won't run out.
- Spoon a bit of the tomato filling into each pita cup, dividing it amongst the six cups. Crack a single egg into each pita cup making sure that the cups do not overflow. Make sure that the yolk is level with the rest of the contents to ensure that it does not dry out while baking.
- Carefully place in the oven (racks in the center) and bake for about 15 minutes or until the whites have set and become opaque. Serve garnished with the tomato compote and a bit of chopped cilantro.