

Eggs Poached in Marinara Sauce

Ingredients:

(Serves 1)

½ c. marinara
a few leaves basil
2 – 3 eggs
salt and pepper
2 tsp. grated Parmesan
2 slices sweet potato toast (slice sweet potatoes and toast until soft on the inside)

Method:

Bring marinara to a simmer in small saucepan. Turn to low. Add basil.

Break eggs into a ramekin or teacup and carefully tip into sauce. Cover pan and simmer on low for 3 – 4 minutes or until tops of whites are set and yolks show through and are still runny. Turn off heat, season eggs with salt and pepper and sprinkle with Parmesan.

Serve in a soup bowl with sautéed spinach and sweet potato toast smeared with olive oil.