

Salsa Poached Eggs

This dish is not only visually appealing but also packed with nutrients, making it a delicious and healthy start to your day. Whether served on toast, in a bowl, or as part of a brunch spread, salsa poached eggs are sure to brighten your day!

Yield: 4 servings

Serving Size: 1.5 cups

Ingredients:

- 2 tbsp olive oil
- 1 yellow onion, diced
- 2 cloves of garlic, minced
- 1 (15 oz.) can no salt added, fire-roasted tomatoes
- 2 tbsp tomato paste
- 1 (4 oz.) can diced green chilies
- 1/2 tsp ground cumin
- 1/8 tsp cayenne pepper
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup water
- 8 large eggs
- 2 green onions, sliced (green and white parts)
- 2 tbsp chopped cilantro (optional for topping)

Instructions:

1. Pour olive oil into a deep skillet over medium heat. Add onion, and cook until softened and translucent, about 2-3 minutes. Add garlic and cook for 30 seconds, until fragrant.
2. Add the diced tomatoes with juices, tomato paste, green chilies with juices, cumin, cayenne, salt, pepper and water. Stir to combine.
3. Increase heat and allow tomato mixture to come up to a simmer, stirring frequently. Simmer for 10 minutes, or until it thickens.
4. Using the back of a spoon, make 4 small, hollow spaces into the tomatoes. Crack one egg in each space.
5. Place a lid on the skillet and turn the heat down to to medium-low. Allow eggs to simmer and cook in the sauce for about 7-10 minutes, or until you've reached desired doneness of eggs (you can cook them less for runny eggs or more for solid yolks.)
6. Once eggs are cooked, garnish your dish with diced green onions and cilantro and enjoy!

*Chef's Tip: serve this with tortilla chips, toasted bread or over a bed of rice!

Per Serving: Calories 266, Carbohydrates 15.2 g, Protein 15.4 g, Sat Fat 4.2g, Sodium 479.3 mg, Added Sugars 0 g

This recipe was taken from <https://www.budgetbytes.com/salsa-poached-eggs-grits/>

