

Healthy Harvest® Pasta Sauce Arrabbiata Poached Eggs

Preparation Time: 2 minutes

Cooking time: 10 minutes

Servings: 4



Instead of poaching in boring water, cook your eggs in zesty pasta sauce to make this perfect protein really sing! Breakfast for dinner anyone?

Ingredients

1 jar **Healthy Harvest® Pasta Sauce, Arrabbiata**
(570 mL)

6 cups (1.5 L) baby spinach or kale

8 large eggs

8 garlic toasts (see tip)

Shredded Parmesan cheese (optional)

Chopped fresh basil (optional)

Instructions

1. Warm pasta sauce in a large, nonstick skillet set over medium heat until bubbling. Stir in spinach until wilted.
 2. Use a spoon to create a divot in the sauce; carefully crack an egg into the divot. Working quickly, repeat with remaining eggs, spacing evenly.
 3. Cover skillet and cook, on medium, for 4 to 5 minutes (for runny eggs) or until cooked to preferred doneness.
 4. Spoon eggs and sauce over garlic toast to serve. Sprinkle with Parmesan and basil (if using).
-

Tips:

- To make garlic toast; blend 1/4 cup (60 mL) butter with 1 grated clove garlic and 1 tbsp (15 mL) finely chopped parsley. Spread over 8 slices of crusty bread. Bake at 350°F (180°C) for about 10 minutes or until toasted.
- Rotate the skillet as needed during cooking to ensure that all eggs cook evenly.
- Customize this quick dish by sautéing vegetables such as mushrooms, peppers or zucchini before adding the sauce to the skillet.
- For meat lovers, stir chopped cooked bacon, sausage, ham or chorizo into the sauce before adding the eggs.

Nutritional Information per serving (1/4 recipe or 2 eggs with 2 toasts):

400 calories, 26 g fat, 11 g saturated fat, 975 mg sodium, 24 g carbohydrates, 4 g fibre, 10 g sugars, 17 g protein.

Excellent source of vitamin A, vitamin C, riboflavin, folate, vitamin B12, vitamin D and iron.



[< Back](#)

[Print this recipe](#)
