

Healthy Recipe of the Week



Use organic ingredients whenever possible.

Baked (Shirred) Eggs

Originally from "How to Cook Everything" by Mark Bittman

Makes 1 or 2 servings

Butter as needed (or all natural non-stick spray)

Cream (optional)

2 eggs

Salt and freshly ground black pepper to taste

1. Preheat the oven to 375° F. Butter two custard cups or small ramekins. If you like, place a couple of teaspoons of cream in the bottom of each (a nice touch). Break 1 egg into each of the cups, then place the cups on a baking sheet.
2. Bake for 10-15 minutes, or until the eggs are just set and the whites solidified. Because of the heat retained by the cups, these will continue to cook after you remove them from the oven, so it's best to undercook them slightly. Remove from the cups, season to taste and serve.

Baked eggs with Tomato: Substitute olive oil for butter if you like; omit the cream. Before adding the eggs to each cup, place a tablespoon or two of chopped fresh tomato (or a slice of tomato, if your cups are broad or tomatoes small) in the bottom. Top with minced parsley. Add the eggs and bake as above.