

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Eggs in Purgatory

From *Nom Nom Paleo* by Michelle Tam and Henry Fong

This recipe is REALLY good! It uses an ingredient that is a great mainstay for the kitchen, loose sausage. It is flavorful, versatile, and simple to prepare. Keep some in your freezer, and thaw it on days when you're crunched for time. It's easy to form into patties or meatballs, or to stir-fry it with vegetables. But remember, quality matters, so make sure your sausage comes from a good source, or make your own.

Makes 4 servings

1 Tbsp ghee or fat of choice  
½ medium yellow onion, cut into ¼-inch dice  
¼ pound cremini mushrooms, thinly sliced  
Salt  
Freshly ground black pepper  
1 pound loose Italian pork sausage\*  
2 cups marinara sauce  
1 tsp red pepper flakes  
4 large eggs

1. Preheat the oven to 400°F with rack in the upper-middle position.
2. Melt the fat in a large skillet over medium heat. Add the onions and sauté until translucent, about 5 minutes. Toss in the mushrooms and season with salt and pepper. Cook for 5 minutes or until the moisture released by the mushrooms evaporates.
3. Add the sausage to the pan, breaking it up with a spatula. Cook until it's no longer pink. Pour the sauce onto the meat and add the red pepper flakes. Stir to combine the ingredients, and cook until the sauce simmers.
4. Divide the saucy mixture into four 8-ounce ovenproof ramekins or mini cocottes. Make a small well in the center of each, and crack an egg in it. Sprinkle salt and pepper on the eggs. Place the ramekins on a tray in the oven, and bake until the eggs are done to your desired consistency, about 10 to 15 minutes. Serve immediately.

\*Go to the healthy recipe for Meatza Pie on the website to get the recipe for Italian sausage seasoning if you would like to make your own.