

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Eggs Kevin

From Martha Stewart Living Magazine

Serves 1 or 2

2 tsp unsalted butter

3 large eggs

Coarse salt and freshly ground pepper

½ cup mixed heirloom tomatoes, sliced

¼ cup sliced or finely grated extra-sharp cheddar cheese (Raw cheese is best, but if you don't have access to raw cheese, use organic. You can substitute a different type of cheese, or leave it off if you want to make it dairy-free.)

1. Heat broiler. Melt butter in an 8-inch nonstick ovenproof skillet over medium-high heat until foamy. Crack eggs into skillet, and cook until whites are almost set, about 1 ½ minutes.
2. Remove from heat. Season eggs with salt and pepper, and top with tomatoes, then cheese. Broil until whites are set and cheese melts and is bubbling, about 1 minute.