



Recipe

Title Baked Eggs with Colourful Bell Peppers

Ingredients

1/2 cup red and yellow pepper slices
3 eggs whites
1 yolk
20 grams low fat ham
1 shallot, chopped
1/3 cup sliced mushrooms
1/3 cup chopped fresh tomatoes or 1/2 can of good quality chopped tomatoes
1/4 red chilli, deseeded and chopped
1/4 garlic clove, crushed
1 tbsp of fresh parsley
1/3 tsp of dried oregano
1 tsp olive oil
Salt & pepper

Method

1. Preheat the oven to 200 C.
2. In a frying pan heat the olive oil and add the shallot and crushed garlic. Sauté slowly over low heat for 2 minutes.
3. Add the ham, mushrooms, capers, chilli, parsley and oregano and sauté for 1 minute.
4. Finally add the tomato and bring to a boil.
5. Pour the sauce into a terracotta cazuela dish, or in a ceramic oven dish. Crack the eggs on the sauce, sprinkle with black pepper and place in the oven for 5 minutes or until the eggs are just set or cooked to your liking.

381 calories