



thursday

EGGS IN TOMATO SAUCE WITH CHICKPEAS AND SPINACH

2 tablespoons extra-virgin olive oil
4 cups baby spinach, chopped (about 5 ounces)
4 cloves garlic, sliced
2 cups canned crushed tomatoes
1 15-ounce can no-salt-added chickpeas, rinsed
¼ cup heavy cream
½ teaspoon salt
4 large eggs
1 tablespoon chopped fresh thyme
½ teaspoon ground pepper

Heat oil in large skillet over medium heat. Add spinach and garlic. Cook, stirring, until the spinach has wilted and the garlic is beginning to brown, about 2 minutes.

Reduce heat to medium-low. Add tomatoes, chickpeas, cream and salt. Adjust heat to maintain a simmer. Crack an egg into a small bowl, taking care not to break the yolk. Make a well in the sauce roughly large enough to hold the egg and slip it in so that the yolk and most of the white is contained (some white may spread out).

Repeat with the remaining eggs, evenly spacing them around the pan. Sprinkle the sauce with thyme; cover and cook until the eggs reach desired doneness, 6 to 8 minutes for medium-set. Remove from the heat and sprinkle with pepper.

Serves 4
Active Time: 20m
Total Time: 25m

NUTRITION FACTS

Amount per serving:
Calories: 323
Total Fat: 18g
Saturated Fat: 6g
Monounsaturated Fat: 9g
Cholesterol: 203mg
Sodium: 628mg
Carbohydrates: 26g
Dietary Fiber: 6g
Total Sugars: 6g
Added Sugars: 0g
Protein: 14g
Potassium: 769mg

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