



Spanish Eggs

START TO FINISH 35 minutes

- 1 Tbsp. olive oil
- ½ cup chopped onion (1 medium)
- 1 small fresh Anaheim chile pepper, seeded and chopped
- 1 clove garlic, minced
- 4 large tomatoes, chopped
- 1 small zucchini, halved lengthwise and thinly sliced
- 1 tsp. dried savory or cilantro, crushed
- ½ tsp. salt
- 4 eggs
- Crumbled queso fresco
- Snipped fresh cilantro
- Corn tortillas, warmed, or toast (optional)

1. In a large skillet heat oil over medium heat. Add onion, Anaheim pepper, and garlic; cook about 5 minutes or until tender, stirring occasionally. Add tomatoes, zucchini, savory, and salt; cook about 5 minutes more or until tomatoes release their liquid and zucchini is tender, stirring occasionally.
 2. Break an egg into a cup and slip egg into the tomato mixture. Repeat with the remaining three eggs, arranging eggs evenly in the tomato mixture. Simmer, covered, for 3 to 5 minutes or until whites are completely set and yolks begin to thicken. Remove from heat.
 3. Sprinkle with queso fresco and fresh cilantro. If desired, serve with corn tortillas or toast. **Makes 4 servings.**
- PER SERVING** 176 cal., 10 g fat (3 g sat. fat), 191 mg chol., 395 mg sodium, 13 g carb., 3 g fiber, 11 g pro.