

Huevos Cubanos

Serves 4

Ingredients:

2 tablespoons olive oil
2 cloves garlic, finely minced
1 red onion, chopped finely
½ green bell pepper, seeded and diced
½ yellow bell pepper, seeded and diced
2 plum tomatoes, peeled, seeded, and diced
½ teaspoon Kosher salt
Freshly ground pepper
Pinch of paprika
Freshly ground nutmeg
¼ cup chicken stock
2 tablespoons fresh chopped parsley
4 whole eggs

Equipment: 7X 11 baking dish, light greased with cooking spray

Directions:

- 1- Pre heat the oven to 350°F.
- 2- In a large nonstick skillet, warm the oil over low heat. Add the garlic and cook until it just starts to turn golden, about 1 minute.
- 3- Add the onion and bell peppers and cook, stirring frequently with a wooden spoon until nice and translucent, about 3 minutes. If the vegetables start to burn, add a splash of water or chicken stock.
- 4- Add the tomatoes and cook until it starts to release its juices and get mushy, about 2 minutes. Season with salt, pepper, paprika and cayenne.
- 5- Add the chicken stock and continue cooking until the mixture looks moist but not liquidy, about 3 minutes. Add the parsley and mix well.
- 6- Carefully pour the vegetables into the baking dish and spread evenly with a spatula. Using a spatula, push vegetables creating 4 “wholes” and break each egg into that space. Season eggs with salt and pepper.
- 7- Bake, uncovered until the eggs are done to your liking, about 10 minutes for soft –runny yolk or an additional 5 minutes for a hard cooked egg. Let it sit 5 minutes before serving.

Nutrition information (1 serving)

Calories 168; Fat 12 g; Saturated fat 3 g; Cholesterol 186 mg; Sodium 277 mg;
Carbohydrates 7 g; Fiber 1 g; Protein 7 g