



# EGG-FILLED TOMATO RINGS

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## PREP TIME

25 minutes



## RECIPE INFO

Serves two

## INGREDIENTS

- 1 large tomato
- 2 large eggs
- 2 tbs. feta (crumbled)
- 1/4 cup spinach (chopped)
- 1 tsp. chives (chopped)
- 1/4 tsp. pepper
- 1/8 tsp. salt

## DIRECTIONS

Slice tomato into half-inch thick rings, removing the centers. Scramble eggs mixing in the feta, spinach, chives, pepper and salt. Heat a non-stick skillet over medium heat. Place tomato rings in heated skillet and fill with egg mixture. Cook for one minute, flip and cook for an additional minute or until egg is cooked through.