

italian baked egg and vegetable ramekins

Serves 4 • Vegetarian

- 1 pound plum tomatoes, cut into 1-inch chunks

1 red bell pepper, cut into ¾-inch pieces

1 zucchini, quartered lengthwise and cut crosswise into ¾-inch chunks

1 onion, halved lengthwise and sliced
- 2 large garlic cloves, minced

½ teaspoon dried basil

½ teaspoon salt

¼ teaspoon black pepper

4 large eggs

¼ cup grated fat-free Parmesan cheese

- 1

Preheat oven to 400°F and spray a large shallow roasting pan with nonstick spray.
- 2

Put tomatoes, bell pepper, zucchini, onion, garlic, basil, salt, and pepper in pan and spray with nonstick spray; toss to coat. Roast, stirring occasionally, until vegetables are browned and crisp-tender, about 30 minutes.
- 3

Spray four 8- or 10-ounce ramekins or custard cups with nonstick spray. Divide vegetables evenly among cups. Make well in center of vegetables and carefully break 1 egg into each cup. Sprinkle with Parmesan. Place cups on baking sheet and bake until eggs are just set, 20–25 minutes.

PER SERVING (1 ramekin): 157 Cal, 6 g Total Fat, 2 g Sat Fat, 0 g Trans Fat, 191 mg Chol, 455 mg Sod, 15 g Carb, 3 g Fib, 12 g Prot, 142 mg Calc.

PointsPlus value: 4.

cook's note

To make it a meal, serve the baked eggs with reduced-calorie whole-wheat toast (1 slice of reduced-calorie whole-wheat toast per serving will increase the **PointsPlus** value by 1).



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