

## Breakfast Tomatoes

- 6 large tomatoes
- 2 tablespoon olive oil
- Himalayan sea salt
- Freshly ground black pepper
- 6 eggs
- 1 tablespoon chives, thinly chopped

1. Preheat oven to 400° and line a small baking sheet with parchment paper. Slice tops off tomatoes and hollow with a metal spoon. Drizzle with olive oil and season with salt and pepper.

2. Place in oven and bake 10 minutes, until softened slightly. Crack eggs into center and place back in oven to bake 12 to 15 minutes more, until egg is cooked to your preference. Season with more salt and pepper. Serve.

Makes 3 servings.

Serving Size = 2 eggs, 2 tomatoes

Enjoy with 1 cup of on plan fruit to complete the meal.

