PESTO EGGS



INGREDIENTS:

- 2T pesto
- 2 organic eggs
- pinch of kosher salt
- pinch of ground black pepper
- pinch of red pepper flakes
- 2 pieces of sourdough bread
- 2 oz herb goat cheese

NUTRITION PER SERVING:

- CALORIES: 365
- FAT 17g
- SAT FAT 5g
- CHOL 196mg
- SODIUM 640mg
- CARBS 35g
- FIBER 3g
- PROTEIN 18g

DIRECTIONS:

- Heat a medium frying pan over medium heat. Once hot, spread pesto in a thin layer across the pan.
- When pesto is warm, crack eggs into pan. Sprinkle with salt, pepper, and red pepper flakes. Cook eggs for 4 to 5 minutes or until the whites are set.
- Meanwhile, toast bread and spread goat cheese on it.
- Remove eggs from pan and place them on the toast.
- Serve immediately and enjoy!

Makes 2 Servings

Reference: https://ThisHealthyTable.com