

Herbed Ricotta Baked Eggs (ME) *from Urban Sacred Garden*



If you need a simple, quick breakfast dish, this is an easy one. Just chop the herbs, whisk the eggs, place in the oven and “poof!” – breakfast. Serve with a little fruit salad and whole grain toast to round it out and get your day going.

Yield: 1 Serving, multiply as needed

“ME” indicates a healthier Mindful Eating option.

INGREDIENTS

2 Eggs
1/4 Cup Ricotta Cheese
1/8 Cup Fresh Parsley, chopped*
1 Tbsp Fresh Basil, chopped
1 Tsp, Fresh Rosemary, chopped
Freshly Ground Sea Salt
Freshly Ground Black Pepper
Butter, for greasing ramekins

*You can substitute other herbs if desired, but a base of Parsley always tastes lovely. Other herbs should be used in smaller portions

DIRECTIONS

1. Preheat oven to 325 degrees. Butter inside of individual 7 oz. ramekins and set aside.
2. In a small bowl whisk together Eggs, Ricotta, Parsley, Basil and Rosemary. Add Salt and Pepper to taste.
3. Pour Eggs into baking ramekins. Place in preheated oven and bake for about 20 minutes, or until Eggs puff up out of ramekin, are browned around the edge and are set throughout and not runny.
4. Remove from oven and serve warm. Enjoy!