

ITALIAN BAKED EGGS

YIELD: 2 SERVINGS PREP TIME: 5 MINUTES COOK TIME: 10 MINUTES TOTAL TIME: 15 MINUTES

You'll never believe that these marinara cheesy baked eggs can be made in just 10 minutes for a complete breakfast!

INGREDIENTS:

- 1 cup marinara sauce
- 4 large eggs
- 1/4 cup fat free or lowfat milk
- 1/4 cup shredded gruyere cheese
- 2 tablespoons grated
- Parmesan Kosher salt and freshly ground black pepper, to taste
- 1/4 cup basil leaves, chiffonade

DIRECTIONS:

1. Preheat oven to 425 degrees F. Lightly oil two 10-ounce ramekins or coat with nonstick spray.
2. Divide marinara sauce evenly into the ramekins. Top with eggs, milk, gruyere and Parmesan; season with salt and pepper, to taste.
3. Place into oven and bake until egg whites are cooked through, about 10 minutes.
4. Serve immediately, garnished with basil leaves, if desired.



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