



TOMATO EGG RINGS

Basic Lifestyle

INGREDIENTS

1 large tomato
2 large eggs
1 TBS fresh parsley
¼ TSP salt
¼ TSP black pepper
1 TBS all-purpose flour

INSTRUCTIONS

- Slice a large tomato into four ½" thick rings.
- Use a knife or a glass to cut the inside out of the tomato rings.
- Set the rings aside, then dice the tomato that you cut out of the center, into small pieces.
- In a small bowl, whisk together the eggs. Add in the tomatoes, fresh chopped parsley, salt, black pepper, and the all-purpose flour until it is combined well.
- In a large non-stick skillet, heat olive oil over medium heat. Place the tomato rings into the hot skillet. Then fill each well with the egg mixture. Let cook for one minute, then flip and continue cooking for an additional 30 seconds to 1 minute until the egg is cooked through. Remove from the pan and serve hot.

SERVING INFO: (Serves 2): 2 tomato rings = ½ P, ½ V

Recipe photo at [Instagram](#) and [Facebook](#).

Recipe credit and instructional video: [ScrambledChefs](#)