



EGGS IN PURGATORY

Final Lifestyle

INGREDIENTS

2 TBS extra-virgin olive oil	2 cups packed baby spinach
2 cloves garlic, thinly sliced	4 large eggs
2 drained anchovy fillets, minced	2 TBS grated Parmesan cheese
1/2 TSP crushed red pepper	1 TBS chopped fresh basil
2 (15-ounce) cans no-salt-added crushed tomatoes	4 slices crusty lite whole-wheat bread, toasted
1/8 teaspoon salt	

INSTRUCTIONS

—Heat oil in a large skillet over medium heat. Add garlic, anchovies and crushed red pepper; cook, stirring often, until the garlic is fragrant and lightly browned, about 1 minute.

—Add tomatoes and salt; bring to a simmer over medium heat. Reduce heat to medium-low; cook, stirring occasionally, until slightly thickened, 10 to 12 minutes. Stir in spinach; cook until wilted, about 1 minute.

—Using the back of a spoon, make 4 wells in the tomato mixture; crack an egg into each well. Cover and cook over medium heat, undisturbed, until the egg whites are cooked through and the yolks are still runny, 2 to 3 minutes. Remove from heat; sprinkle with cheese and basil. Serve with toast.

SERVING INFO: (Serves 4)

3/4 cup sauce, 1 egg, 1 slice lite toast = 1/2 P, 2 V, 1/2 G, 1/2 FT

See recipe photo at [Instagram](#) and [Facebook](#).