

Tomato Sauce with Collards and Eggs

Prep Time 10 mins
 Total Time 20 mins
 Meal Type Breakfast,Lunch,Dinner,Snack,Side
 Contributed By



Source Living Plate
 Servings 2



Ingredients

lb,c g,ml

- 6 cups collards, *spines removed and leaves chopped*
- 2 Tbs olive oil
- 1/2 cups onion, *chopped*
- 1 cups tomato sauce, prepared (we love Rao's!)
- 4 eggs

Directions

Prep

1. Remove tough spines from collard and chop leaves.

Make

1. Add oil to a large sauté pan and add the onion. Sauté over medium flame until soft and fragrant. Add collards and sauté for an additional 3 minutes until the leaves turn bright green.
2. Add tomato sauce and stir the mixture to incorporate.
3. Make 4 wells in the mixture and crack an egg into each. Reduce heat to low and place a lid on the pan.
4. Cook until eggs reach desired doneness.
5. Season with salt and pepper.

Notes

Try mixing up the greens - kale and spinach work great!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	413	Total Fat 30.7g	47%	Total Carbohydrates 16g	5%
		Saturated Fat 6.1g	30%	Dietary Fiber 6g	24%
		Trans Fat 0.0g		Total Sugars 7g	
		Cholesterol 372mg	124%	Protein 18g	
		Sodium 582mg	25%		
Vitamin D 2mcg 20% · Calcium 336mg 33% · Iron 3mg 14% · Potassium 797mg 16%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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