



STUFFED BREAKFAST TOMATOES

Makes 4 servings | Serving size: 1 stuffed tomato

PREP TIME

5 min

COOK TIME

40 min

TOTAL TIME

45 min

Stuffed Breakfast Tomatoes are a fun, paleo twist on breakfast! Forget tomatoes on eggs. Try these eggs inside of a roasted tomato, instead!

Ingredients

- 4 large tomatoes, top and stems sliced off and partially hollowed out
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- 4 eggs
- Salt to taste
- Freshly ground pepper to taste



Directions

1. In a large baking dish, drizzle the tomatoes with the olive oil, then sprinkle with the Italian seasoning.
2. Roast for 25 minutes at 400°F.
3. Remove the tomatoes. Fill each tomato with an egg. Sprinkle with salt and pepper to taste.
4. Bake for 15 more minutes.