

SINGLE SERVE BREAKFAST EGG TOMATOES

Bariatric, Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 8 (serving=1 tomato)

Nutrition (per serving)

Calories: 110

Total Fat: 5 g

Saturated Fat: 1.5 g

Sodium: 190 mg

Total Carbohydrate: 7 g

Dietary Fiber: 1 g

Protein: 10 g



Ingredients

- 8 roma tomatoes
- ½ cup lean turkey breakfast sausage, cooked
- ¼ cup green pepper, chopped
- ¼ cup white onion, chopped
- ¼ cup shredded parmesan cheese
- 5 large eggs
- Pepper to taste

Directions

1. Preheat oven to 375 degrees F.
2. Cut the top off of tomatoes. Use a spoon to gently scoop out pulp and seeds, careful not to break through the skin of the tomato. Place tomatoes in a muffin tin to keep upright.
3. In each tomato, add 1 Tablespoons of sausage and ½ Tablespoon of each of the following: green pepper, onion and shredded cheese.
4. In a bowl, whisk eggs and add pepper to taste. Add 2 tablespoons of each egg mixture into each tomato
5. Bake for 35-40 minutes or until eggs are cooked. Remove from oven and let sit for 5 minutes

Note: Some people do not tolerate eggs in the first few months after weight loss surgery. If you have nausea or vomiting after eating eggs, try them again in a few weeks. You may tolerate them better around 6 months after surgery.