

SUNNY SIDE UP STUFFED TOMATOES

Sunny Side Up Stuffed Tomatoes

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

Serves: 4 (Serving= 1 tomato)

Nutrition (per serving)

Calories: 199	Total Carbohydrate: 10
Total Fat: 11 g	Dietary Fiber: 2.5 g
Saturated Fat: 2 g	Protein: 17 g
Sodium: 420 mg	

Ingredients

- 4 large tomatoes
- ½ cup lean turkey breakfast sausage, cooked (make sure gluten free for GF version)
- ¼ cup green pepper, chopped
- ¼ cup white onion, chopped
- ¼ cup reduced-fat, low-sodium Swiss cheese, shredded
- 4 large eggs
- 1 ½ Tablespoons Panko breadcrumbs (choose gluten free breadcrumbs for GF version)
- Pepper to taste
- Chopped parsley for garnish

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 square baking dish.
3. In each tomato, add 2 Tablespoons of sausage and 1 Tablespoon of each of the following: green pepper, onion and shredded cheese.
4. Crack one egg into each tomato. Sprinkle Panko bread crumbs evenly on top of each tomato.
5. Bake for 35-40 minutes or until egg whites are cooked and yolk is still runny. Remove from oven and let sit for 5 minutes.
6. Add pepper to taste. Sprinkle with parsley. Serve immediately.