

Turkish Eggs with Greek Yogurt and Sautéed Spinach



Ingredients:

- 2 large eggs
- 2 cups low-fat Greek yogurt
- 2 teaspoons lemon juice
- 4 teaspoons extra virgin olive oil
- 1 small garlic clove, minced
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon smoked paprika
- 2 cups fresh baby spinach
- 8 small cherry tomatoes, quartered
- 1 tablespoon fresh basil, minced
- Salt and pepper to taste
- 4 slices seven grain bread, toasted

Instructions:

1. Bring a small pot of water to a simmer over high heat. Lower temperature to medium. Break eggs, one at a time into a small dish or ramekin. Carefully add eggs, one at a time to water. Cook eggs until white are set and yolk begins to thicken, 3-5 minutes, then use a slotted spoon to carefully remove. Transfer eggs to a small plate lined with a paper towel to drain and set aside.
2. Combine yogurt and lemon juice in a bowl and whisk until smooth, set aside.
3. Heat olive oil in a large skillet over medium heat. Add garlic, red pepper flakes and paprika and cook, stirring constantly for 30 seconds. Add spinach and cook until wilted and coated in garlic chili oil.
4. To serve, divide Greek yogurt mixture evenly between two shallow bowls. Top each bowl with half of the spinach mixture and nestle an egg in the center. Garnish with tomatoes and basil. Season to taste with salt and pepper and serve immediately with toasted seven grain bread.

Makes 2 servings.

Developed by Rebecca Andexler, printed from US Dairy.com



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