

Eggs in Salsa Chipotle

4 Servings • 1 Serving = 1 Egg and ½ Cup Sauce



INGREDIENTS

- 3 large Roma tomatoes
- 1 dried chipotle pepper
- 2 cloves garlic, minced
- ¼ teaspoon salt
- 2 teaspoons canola oil
- 4 large eggs
- ½ large avocado, sliced
- 1 cup cilantro, chopped

DIRECTIONS

1. Combine tomatoes, chipotle pepper, and garlic in a small stock pot. Add just enough water to barely cover the tomatoes. Bring to a boil, then reduce heat to a simmer, cover, and simmer for 10 minutes.
2. Heat a large nonstick skillet over medium heat. Add oil and then tomato mixture. Simmer gently for 3 minutes.
3. Meanwhile, crack eggs into a small bowl. Gently drop eggs into the sauce, season with salt, and cover with a lid for 7 minutes. Make sure the sauce is not bubbling too much.
4. After 7 minutes, check the eggs to make sure they are fully cooked.
5. Garnish with avocado and cilantro.

Nutrition Facts

4 servings per container
Serving size 1 egg and 1/2 cup sauce

Amount per serving
Calories **140**

% Daily Value*

Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 220mg	10%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%

Protein 8g	
Vitamin D 1mcg	6%
Calcium 43mg	4%
Iron 2mg	10%
Potassium 395mg	8%

*The % Daily Value 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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