



## Vegetable Ragout with Eggs

Makes 4 servings

From Tufts University Health and Nutrition Letter, April 2010

2 teaspoons olive oil  
1 medium onion, thinly sliced (1 cup)  
1 medium red or green bell pepper, sliced (1-1/2 cups)  
3 garlic cloves, minced  
½ teaspoon dried thyme leaves  
1/8 teaspoon crushed red pepper flakes  
1 (14-oz) can diced tomatoes  
1/3 cup water  
1 small (or ½ medium) zucchini, sliced (1-1/2 cups)  
Freshly ground pepper to taste  
4 large eggs  
Dash of paprika, regular or smoked

1. Heat oil in large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add bell pepper, garlic, thyme and crushed red pepper. Cook, stirring often, until softened, 3 to 5 minutes. Add tomatoes and water. Cook, uncovered, 5 minutes. Stir in zucchini and black pepper. Cook 1 minute. Reduce heat to medium-low.
2. Make 4 depressions in vegetable mixture with the back of a wooden spoon. Crack an egg into each depression. Take care not to break yolks. Cover skillet and cook until eggs are set, 4 to 8 minutes. Sprinkle eggs with paprika.
3. Transfer an egg to each of 4 plates with a slotted spoon or egg lifter. Spoon some vegetable mixture and sauce around each egg.

### Nutritional Information:

Total Calories: 154	Total fat: 8g
Saturated fat: 2g	Carbohydrates: 14g
Fiber: 4g	Protein: 9g
Cholesterol: 211mg	Sodium: 279mg