

# baked eggs in marinara

**Serves 1**

RECIPE ADAPTED FROM: [Mountain Mama Cooks](#)

PREP TIME: 5 minutes

COOK TIME: 10-15 minutes

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2 eggs, preferably pastured-raised

½ cup no-sugar added marinara sauce

1 Tbsp milk

1 Tbsp grated Parmesan cheese

Salt and black pepper, to taste

Fresh basil to garnish, optional

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PREHEAT toaster oven to 400°F.

GREASE oven-safe ramekin.

POUR marinara in the base of the ramekin.

CRACK two eggs into ramekin.

TOP eggs with milk and Parmesan cheese.

SPRINKLE with salt and pepper, to taste.

BAKE in toaster oven for 10-15 minutes or until white of eggs are cooked and yolk is desired doneness.

GARNISH with fresh basil, if desired.

MAKE IT A MEAL: serve with a mixed greens salad and fresh fruit

