

Eggs Baked Over a Spicy Vegetable Ragout

From – *eatingwell.com*

3 tsp extra virgin olive oil, divided
1 small eggplant, cut into ½” cubes
1 medium onion, chopped
1 large bell pepper, diced
6 cloves garlic, minced
2 tsp ground cumin
1/8 to ¼ tsp hot sauce
1 medium summer squash, halved lengthwise and thinly sliced
14 oz can diced tomatoes
¼ cup water
3 Tbsp chopped fresh parsley, divided
1/8 tsp salt
freshly ground pepper to taste
4 large eggs

- Heat 2 tsp oil in a large deep saute pan over medium-high heat.
- Add eggplant and cook, stirring frequently, until browned and softened, 5 to 7 minutes.
- Transfer to a plate
- Add the remaining 1 tsp oil and onion and cook, stirring occasionally, until softened, 3 to 5 minutes.
- Add bell pepper and cook, stirring occasionally, until softened, 3 to 5 minutes.
- Add garlic, cumin and hot sauce and cook until fragrant, 15 to 30 seconds.
- Stir in squash, tomatoes, water and eggplant. Cover and simmer for 10 minutes.
- Stir in 2 Tbsp parsley, salt and pepper.
- Spread the vegetable ragout in a greased shallow 2 quart baking dish. Make 4 shallow wells in the ragout and gently crack 1 egg in each well, being careful not to break yolks.
- Bake at 400F, uncovered, until the eggs are barely set, 10 to 12 minutes. (Caution: Eggs can overcook very quickly. Check them often and remove from the oven when they still look a little underdone. They will continue to cook in the hot ragout. If the baking dish is ceramic, the cooking time will be closer to 12 minutes. A glass dish will cook eggs much faster.)
- Sprinkle with the remaining 1 Tbsp parsley. Serve immediately.



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