

Baked Eggs with Tomato and Mozzarella

Serves 12

Ingredients

2 tablespoons olive oil
½ small yellow onion, chopped
2 cloves garlic, minced
28-ounce can crushed tomatoes
Salt and pepper
4 ounces fresh mozzarella, cut into ½- inch pieces (or shredded cheese)
¼ cup fresh oregano leaves, chopped
6-8 eggs
4 slices multigrain toast (optional)

Instructions

Rinse all produce under warm running water to remove excess dirt.

Preheat the oven to 350.

In a saucepan over medium high heat, warm olive oil. Add onion and cook until translucent, about 5 minutes. Add garlic and cook until fragrant. Stir in tomatoes with juices, season with salt and pepper to taste, and bring to a boil. Reduce heat to low and simmer until nicely thickened, about 15 minutes. Season with more salt and pepper to taste. Beat eggs in a bowl and set aside.

Prepare a cupcake tray with nonstick spray. Divide tomato sauce evenly in inserts. Top with mozzarella and oregano. Pour beaten eggs evenly into each cupcake insert and season with salt and pepper.

Bake for about 15 minutes, until eggs are slightly runny in the middle as they will continue to cook from residual heat.) Let cool and swerve with toast or as is.

Diets

Low Calorie | Low Fiber

Symptoms

Difficulty swallowing | Fatigue

Winter Veggie Pizza

Serves 2

Ingredients

2 teaspoons of olive oil
Salt and pepper
2 pita bread rounds
¼ cup ricotta cheese
½ cup cubed butternut squash (can be frozen and thawed)
¼ cup quartered brussels sprouts (can be frozen and thawed)
2 tablespoons pecans
¼ cup red onion, sliced
1 tablespoon fresh sage chopped
½ cup shredded Parmasean cheese
Pinch of cinnamon

Instructions

Preheat the oven to 425.

Toss cubed butternut squash, brussels sprouts and pecans with olive oil and the cinnamon.
Roast for 15-20 minutes or until soft.

Arrange pita rounds on a nonstick baking sheet. Spread ricotta cheese on each pita round and top with all veggies and cheese. Bake directly on the rack for about 7-10 minutes or until the cheese has melted.

Symptoms

Diarrhea | Fatigue | Nausea