

# Baked Tomato and Egg Goodness

recipe: movita

- olive oil
- 1 -2 cloves garlic, minced
- one small onion, diced
- half of a small red pepper, diced (optional)
- pinch red pepper flakes (optional)
- 2-3 tomatoes, diced (2 largish tomatoes or three small)
- 1/4 teaspoon oregano or italian seasoning
- salt and pepper, to taste
- 1/4 – 1/2 cup feta or goat cheese, chopped or crumbled
- 1 teaspoon squeeze tube dill or a small handful of fresh
- 2-3 eggs

Heat some olive oil (about 1 tablespoon) in a skillet over medium heat. Throw in the onion, garlic, red pepper and red pepper flakes. Saute until slightly softened, about 3 minutes. Add in the tomatoes, oregano or italian seasoning and a dash of salt and pepper. Cook for about 3-4 minutes. Reduce heat to low and mix in your cheese and dill. Remove from heat. Transfer tomato mixture to an oven-safe dish. Crack eggs on top of mixture (use a spoon to create a depression/well in the mixture for each egg). Bake at 425° until egg whites have set, about 15 minutes (check at 10 minutes).

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