



Eggs in Salsa Verde

4 Servings • 1 Serving = 1 Egg and 1/2 Cup Sauce

INGREDIENTS

- 6 tomatillos, husks removed, washed, and quartered
- 1/8 white onion
- Jalapeño, to taste
- 2 large handfuls of cilantro plus 1/4 cup, chopped and divided
- 1/4 teaspoon salt
- 2 teaspoons canola oil
- 4 large eggs
- 1/4 cup low-fat sour cream, divided
- 1/2 large avocado, sliced

DIRECTIONS

1. In a food processor, combine the tomatillo, onion, and jalapeño. Puree until smooth. Add 2 large handfuls of cilantro and pulse to combine. Add salt and pulse to combine.
2. Heat a large nonstick skillet over medium heat. Add oil and then the salsa. Warm through for about 4 minutes.
3. Meanwhile, crack eggs into a small bowl. Gently drop eggs into the sauce, season with salt, and cover with a lid for 7 minutes. Make sure the sauce is not bubbling too much.
4. After 7 minutes, check the eggs to make sure they are fully cooked.
5. Serve with sour cream, avocado, and remaining cilantro.

Nutrition Facts

4 servings per container
Serving size 1 egg and 1/2 cup sauce

Amount per serving
Calories 160

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 190mg	63%
Sodium 230mg	10%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 307mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

chefs.org

@CHEFSanAntonio



The Children's Hospital
of San Antonio™

CHRISTUS Health

© Culinary Health Education for Families