

Saucy Eggs



SAUCY EGGS

ingredients

1 24-oz jar of your favorite pasta sauce
4 eggs
1 medium onion, halved and thinly sliced
1 medium zucchini, grated or halved and thinly sliced
8 oz of your favorite whole wheat pasta
1 tablespoon olive oil

directions

Cook pasta according to package directions.

Heat a large heavy-bottom skillet on medium, add onions and cook until soft. Add zucchini and cook until the skin is bright green. Add pasta sauce and mix to combine. Heat until simmering. Using the back of a large spoon, make 4 wells in the sauce. Add 1 egg to each well and cover, and cook until the yolks are cooked to your desired doneness.

Serve over pasta and top with fresh herbs, cheese, or other desired toppings

notes

This dish can be served with toast instead of spaghetti for breakfast!