

---

# Baked Eggs with Spinach and Tomatoes

*The Essential Southern Living Cookbook*

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 45 minutes

**6 tablespoons low-fat garlic-and-herb spreadable cheese**

**48 fresh spinach leaves, torn**

**6 large eggs**

**3/4 cup jarred pasta sauce**

**6 tablespoons half-and-half**

**3/4 teaspoon freshly ground black pepper**

**toast**

Preheat the oven to 350 degrees.

Coat six (six- to eight-ounce) ramekins with cooking spray. Layer one tablespoon of spreadable cheese, eight torn spinach leaves, one egg, two tablespoons of pasta sauce, one tablespoon of half-and-half and 1/8 teaspoon of pepper into each ramekin.

Place the ramekins on a baking sheet. Bake in the preheated oven until cooked to the desired firmness, 20 to 25 minutes.

Let stand for 5 minutes. Serve with toast.

## **Breakfast**

---

*Per Serving (excluding unknown items): 75 Calories; 5g Fat (61.9% calories from fat); 6g Protein; 1g Carbohydrate; trace Dietary Fiber; 212mg Cholesterol; 70mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Fat.*