

FRIED EGGS WITH SALSA VERDE

Prep Time: 5 minutes
Cook Time: 6 to 8 minutes
Makes: 2 servings; 2/3 cup salsa

WHAT YOU NEED

4 EGGS
Butter
Salt and pepper

SALSA VERDE:

1/2 cup olive oil
1/4 cup fresh Italian parsley leaves
1 Tbsp. fresh lemon juice
2 small cloves garlic, finely chopped
6 fresh basil leaves
1 tsp. capers
10 fresh tarragon leaves
1/2 tsp. anchovy paste

HERE'S HOW

1. **SALSA VERDE:** PLACE ingredients in food processor or blender. **PROCESS** just until uniformly chopped and mixed.
2. **COOK** eggs as desired. **SPOON** 1 Tbsp. salsa over each egg.

For Sunny-Side-Up Eggs: HEAT 2 tsp. butter in nonstick skillet over medium-high heat until hot. **BREAK** eggs and **SLIP** into pan, one at a time. **IMMEDIATELY** reduce heat to low. **COVER** pan and **COOK SLOWLY** until whites are completely set and yolks begin to thicken but are not hard, 5 to 6 minutes. **SPRINKLE** with salt and pepper. **SERVE** immediately.

For Over-Easy or Over-Hard Eggs: **COOK** as for Sunny-Side-Up, but **do not cover** pan. When whites are completely set and yolks begin to thicken but are not hard, **SLIDE** turner under each egg and carefully **FLIP** it over in pan. **COOK** second side to desired doneness, 30 seconds to 1 minute.

For Basted Eggs: **COOK** as for Sunny-Side-Up, but use 2 Tbsp. butter and **do not cover pan**. **COOK** until edges turn white, about 1 minute. Begin **BASTING** eggs with butter from pan. **COVER** pan between bastings and **CONTINUE COOKING** until whites are completely set and yolks begin to thicken but are not hard, 4 to 5 minutes.



For Steam-Basted Eggs: **COOK** as for Sunny-Side-Up, but use **1 tsp. butter** or a light coating of cooking spray. **COOK** until edges turn white, about 1 minute. **ADD 1 tsp. water** to pan. **Cover pan tightly. CONTINUE COOKING** until whites are completely set and yolks begin to thicken but are not hard, 4 to 5 minutes.

ENJOY

- Use leftover salsa for an interesting twist on garlic bread, or toss with diced tomatoes and avocado for a side salad.

INSIDER INFORMATION

- **Fresh eggs** produce the best-looking fried-egg – a compact oval with a thick white and a high centered yolk.
- **For neater shape**, break eggs into custard cup first, rather than directly into the pan. Hold cup close to surface of pan and slip egg from cup into pan.
- **Heat matters.** If heat is too high, eggs will become tough and rubbery. Gentle heat preserves nutrients and allows for even cooking.

NUTRITION INFORMATION

Nutrition information per serving, using 2 Tbsp. salsa per serving: 361 calories; 34 g total fat; 8 g saturated fat; 4 g polyunsaturated fat; 20 g monounsaturated fat; 433 mg cholesterol; 164 mg sodium; 2 g carbohydrate; 0 g dietary fiber; 13 g protein; 880.0 IU Vitamin A; 35.0 IU Vitamin D; 52.4 mcg folate; 67.4 mg calcium; 2.2 mg iron; 252.9 mg choline.

This recipe is an **excellent source** of protein, choline, and a **good source** of vitamin A, folate, and iron.