

## Eggs Italiano

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A poached egg on an English muffin is typical breakfast fare, but adding this full-flavored, chunky vegetable medley between the egg and muffin transforms the simple dish into a sophisticated dinner or elegant brunch. Make it a meal: All you need is a mixed green salad tossed with balsamic vinaigrette.

### Ingredients:

- ¼ cup(s) distilled white vinegar
- 2 teaspoon(s) extra-virgin olive oil
- 1 shallot, minced
- 1 clove(s) garlic, minced
- 1 pound(s) zucchini (about 2 medium), diced
- 12 ounce(s) plum tomatoes (3-4), diced
- 3 tablespoon(s) thinly sliced fresh basil, divided
- 1 tablespoon(s) balsamic vinegar
- ½ teaspoon(s) salt
- Freshly ground pepper , to taste
- 8 large eggs
- 4 whole-wheat English muffins, split and toasted
- 2 tablespoon(s) freshly grated Parmesan cheese

### Directions:

- Fill a large, straight-sided skillet or Dutch oven with 2 inches of water; bring to a boil. Add white vinegar.
- Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add shallot and garlic and cook, stirring, until fragrant, about 1 minute. Stir in zucchini and tomatoes and cook, stirring occasionally, until the zucchini is tender, about 10 minutes. Remove from the heat, stir in 1 tablespoon basil, balsamic vinegar, salt and pepper.
- Meanwhile, reduce the boiling water to a gentle simmer; the water should be steaming and small bubbles should come up from the bottom of the pan. Crack each egg into a small bowl and slip them one at a time into the simmering water, taking care not to break the yolks. Cook for 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set. Using a slotted spoon, transfer the eggs to a clean kitchen towel to drain.
- To serve, top each muffin half with some of the vegetable mixture, an egg, a sprinkling of cheese and the remaining basil.

**Yield:** 4 servings

**Nutritional Information:** Calories 339; Total Fat 14g; Saturated Fat 4g; Cholesterol 425mg; Sodium 674mg; Total Carbohydrate 33g; Protein 22g

Recipe Source: EatingWell.com

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.