

Egg Timbales with Tomato Salsa



Number of Servings 4

Preparation 10 min.

Cooking 10 min.

Nutrients per serving

Calories	150
Fat	8 g
Saturated	2.5 g
+ trans	0 g
Sodium	420 mg
Carbohydrate	7 g
Fibre	0 g
Sugars	4 g
Protein	13 g

Ingredients

6	eggs	6
1 ½ cups	hot milk	375 mL
3 tbsp	chopped fresh basil or parsley or ¾ tsp (3 mL) dried	45 mL
2 tbsp	chopped green onion	30 mL
	Salt and pepper, to taste	
	Fresh tomato salsa or prepared salsa	

Method

Whisk eggs just until blended. Stir in hot milk, basil, green onion, salt and pepper. Pour mixture into 4 microwaveable 12 oz (350 mL) containers. Cover loosely. Arrange in microwave oven in circle, with 1 inch (2.5 cm) space between containers.

Microwave on MEDIUM (50%) 8 to 10 minutes, rotating dishes and stirring mixture every 2 minutes (do not stir past 6 minutes). Eggs are ready when they are still soft in the centre. Let cool. Place a folded paper towel on top of each cup and top with cover. Chill.

Prepare salsa. Chill separately. Drain juice before using. Spoon salsa over each timbale. Cover tightly. Chill until serving. Serve cold or reheat slightly before serving. (Loosen cover and microwave on HIGH about 1 minute.)

Note

Fresh tomato salsa - Combine 2 cups (500 mL) diced seeded fresh Italian or red tomatoes or chopped drained canned tomatoes, 1/3 cup (75 mL) diced green pepper, 2 tbsp (30 mL) chopped fresh basil or parsley (or 1/2 tsp/2 mL dried), 1 tbsp (15 mL) chopped green onion, 1 clove garlic, minced, salt and pepper to taste.