

Shirred Eggs with Ricotta and Fresh Basil

Serves 6

If you can't find fresh basil for this recipe, substitute 3/4 cup prepared pesto.

- 1 cup tomato sauce
- 3/4 cup part-skim ricotta cheese
- 1/3 cup packed fresh basil leaves, chopped, plus sprigs for garnish
- 2 Tbs. grated Parmesan cheese
- 1/4 tsp. ground black pepper
- 6 large eggs

1. Set oven rack in lowest position, and preheat oven to 350F. Coat 6 6-oz. ramekins with cooking spray, and place on small baking sheet. Spoon 1 1/2 Tbs. tomato sauce into each ramekin. Bake 10 minutes, or until sauce is hot.

2. Combine ricotta, basil, Parmesan and pepper in colander to drain excess liquid. Divide cheese mixture into 6 2-inch round disks.

3. Remove ramekins from oven, and place one ricotta disk in each. Crack 1 egg into each ramekin. Bake 15 to 18 minutes, or until whites are just set and yolks thicken but are still creamy.

4. Heat remaining tomato sauce in microwave. Spoon 1 Tbs. over each egg. Season with pepper, and garnish with basil sprigs.

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SOURCE: <http://www.vegetariantimes.com/recipe/shirred-eggs-with-ricotta-and-fresh-basil/>