

Low-Point Poached Eggs with Chickpeas and Feta

Ingredients:

- 1 Tbs. olive oil
- 1/2 yellow onion, chopped fine
- 3 tsp. garlic, minced
- 1/2 tsp. crushed red pepper flakes (optional)
- 1, 15.5 oz. can chickpeas, drained
- 1 tsp. paprika
- 1 tsp. cumin
- 1, 28 oz. can whole peeled tomatoes, crushed or pulled apart by hand, undrained
- 1 tsp. kosher salt
- 1/2 tsp. fresh pepper
- 1 Tbs. flour
- 1 cup crumbled fat-free feta cheese
- 6 large eggs
- 2 Tbs. fresh parsley, chopped
- 1 tsp. basil leaves

Preheat oven to 425 degrees. In a large oven-proof skillet, heat olive oil over medium-high heat. Add onions, garlic, and crushed red pepper flakes. Saute' for several minutes, until onions are soft. Add chickpeas, paprika, and cumin. Heat thoroughly. Add tomatoes, salt, and pepper and stir until it comes to a boil. Reduce heat to simmer, add flour and stir until sauce starts to thicken slightly. Sprinkle feta cheese on top. Crack the eggs and place evenly apart in sauce. Transfer skillet to oven and bake until egg whites are set, about 6 to 8 minutes. Garnish with parsley and basil leaves and serve. Enjoy with pita bread or buttered toast! Yum!

Total servings - 6

Serving size - 1

Points per serving - 5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"The most delightful surprise in life is to suddenly recognize your own worth." - Maxwell Maltz