

North Indian Baked Eggs

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-of-healthy-indian-breakfast>

Ingredients:

- 2 tablespoons ghee
- 3 onions large, chopped
- 6 cloves garlic minced
- 1 bunch cilantro tender stems finely chopped and leaves separated and coarsely chopped
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon paprika or cayenne if you can take the heat
- 1 teaspoon ground cumin
- 1 1/2 teaspoons ground coriander
- 2 teaspoons Garam Masala plus some to sprinkle
- 4 pounds tomatoes either fresh in summer or frozen off-season, chopped
- 2 bay leaves
- 1/3 cup greek yogurt whole fat or 2%
- 8 eggs depending on appetites, I always ask how many each person wants
- ground black pepper
- salt
- basmati rice Cooked, for serving, optional
- lime wedges
- chopped nuts choice, almonds or cashews would be nice I think
- fresh dill chopped
- baby greens I would love to try arugula

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 425 milligrams
4. Fat: 20 grams
5. Fiber: 9 grams
6. Protein: 23 grams
7. SaturatedFat: 3.5 grams

8. Sodium: 390 milligrams
 9. Sugar: 20 grams
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