



Making Breakfast Better

(NAPSA)—Breakfast, nutritionists say, is the most important meal of the day, and you can make yours even more special when you add some hummus to your eggs.

Hummus is made from a blend of chickpeas, sesame paste and a variety of herbs and spices. It's high in fiber, protein and iron, low in carbohydrates and has no trans fats or added sugar.

Here, it's part of a hearty, healthy breakfast with a Mediterranean flair:

Baked Eggs with Hummus, Tomatoes and Greek Olives

Active time: 5 minutes

Start to finish: 20 minutes

Special equipment: 4 (6-oz.) ramekins

Yield: 4 servings

¾ cup Sabra Classic Hummus

4 extra-large eggs

1 teaspoon olive oil

2 medium tomatoes (diced)

4 olives (diced)

1 teaspoon parsley (finely chopped for garnish)

Sea salt and pepper to taste

Preheat oven to 400°F. Oil each of the four ramekins with olive oil. Spread hummus into



Delightful for breakfast, brunch, lunch or even a light dinner, baked eggs and hummus is a good, good-for-you dish.

the ramekins, making an indentation in the middle of each. Arrange ramekins on a shallow baking dish. Crack an egg into the center, being careful not to break the yolk. Sprinkle with diced tomatoes and olives. Place in the oven for 15–18 minutes (according to desired consistency of the yolk). Remove from oven and allow to cool for 5 minutes. Garnish with chopped parsley. Enjoy warm.

Cook's Note: This can also be cooked in an ovenproof skillet all in one.

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