

Oregano Eggs

submitted by amusedmonkey



Per serving: 241 Calories • 1.7g Carbs (0.1g Fiber) • 18.8g Fat • 15.5g Protein

Ingredients

Ingredients scaled to: 2 serving

- 1 tbsp **Olive oil** (13.5 grams)
- 4 extra large **Egg** (224 grams)
- 2 dash **Salt** (0.80 grams)
- 1/4 tsp, ground **Oregano** (0.45 grams)
- 2 tbsp **Parmesan cheese** (10 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Set a large (12-inch) nonstick skillet over a burner that's still off. Swirl the pan with the olive oil, and gently break all the eggs to fill the pan, taking care not to break the yolks. Sprinkle with the salt and dried oregano. Sprinkle the grated cheese over all.
2. Cover the skillet, and turn the flame to medium-low. Cook until the whites are set and the yolks are done to your liking, about 7 to 8 minutes for still-runny yolks.
3. Enjoy!
4. Recipe inspired by: http://www.epicurious.com/recipes/food/views/oregano-eggs-em-uova-allorigano-em-51206020?mbid=nl_010_04152016_Daily&CNDID=24334425