



Tubeman's Noodle Zoodle Egg Bowl

4 servings

INGREDIENTS

- 1½ cups whole-wheat spaghetti, cooked
- 2 tablespoons extra-virgin olive oil
- 2 medium garlic cloves, minced
- ½ teaspoon crushed red pepper flakes
- 4 medium zucchini, spiralized into noodles
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 cups cherry tomatoes, cut in half
- 2 cups packed baby spinach
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 4 large eggs
- ¼ cup thinly sliced basil leaves

DIRECTIONS

1. Bring large pot of water to boil, add spaghetti and cook per package directions, omitting the salt.
2. While pasta is cooking, heat olive oil in a large, deep nonstick skillet on medium-high heat. Add garlic and red pepper flakes and cook for 1 minute, stirring continually. Add zucchini noodles, salt and pepper and cook, tossing gently, for 1 to 2 minutes, or until zucchini has softened. Stir tomatoes, spinach, lemon zest and lemon juice gently into zucchini mixture until well combined. Cook for another 1 to 2 minutes, or until spinach is wilted and tomatoes are warmed through.
3. When pasta is done, drain and add to skillet mixture. Remove from heat.
4. Heat 2 to 3 inches of water in a large saucepan to boiling. Adjust heat to keep liquid simmering gently.
5. Break eggs, 1 at a time, into a cup. Holding dish close to surface, slip egg into water.
6. Cook eggs until whites are completely set and yolks begin to thicken but are not hard, 3 to 5 minutes. Do not stir. Lift eggs from water with a slotted spoon. Drain in spoon or on paper towels. Trim any rough edges, if desired.
7. Divide zucchini and pasta mixture among four dinner plates or bowls, top each with 1 poached egg and garnish with basil. Serve immediately.

NUTRITION ANALYSIS (PER SERVING)

Calories	268
Total Fat	13.5 g
Saturated Fat	3.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	7.0 g
Cholesterol	186 mg
Sodium	239 mg
Carbohydrates	27 g
Fiber	6 g
Sugars	7 g
Protein	13 g

Dietary Exchanges: 1½ starch, 1 vegetable, 1 lean meat, 1½ fat

This recipe from the American Egg Board's Egg Nutrition Center is an American Heart Association Heart-Check certified recipe.

