

*The many Italian dishes which include tomatoes come from the southern parts of the 'boot' – Italy's nickname based on its shape. You can pick mild or zesty tomato sauce to make this quick-and-easy recipe. Because the eggs cook in the tomato sauce instead of water, they'll pick up a red color. The bread soaks up the sauce, gets soggy and makes a thick soup.*

## Poached Eggs in Tomato Sauce (Uova al Occhio in Salsa)

for 6 kids

### Foods you need:

- 1 jar (26 oz.) prepared chunky-style tomato sauce
- 6 eggs
- 6 slices (3/4- to 1-inch thick) Italian bread, toasted or grilled
- 1/3 cup grated or shredded Parmesan cheese, divided

### Kitchen things you need:

- 10-inch nonstick skillet with lid
- Long-handled wooden spoon
- Medium-sized mixing bowl
- Kitchen timer
- 6 deep soup bowls
- 1/2-cup ladle
- 1-tablespoon measuring spoon



1. Put the sauce into the skillet. Put the skillet on a burner. Cook the sauce over medium heat until it comes to a rolling boil (big bubbles bursting at the surface of the sauce). Stir the sauce with the spoon all the while it is cooking. Reduce the heat so the sauce is gently simmering (little bubbles breaking under the surface of the sauce).

2. One at a time, break the eggs into the bowl. Hold the bowl close to the surface of the sauce and let the eggs slip gently, one by one, into the sauce. Cover the skillet with the lid. Set the timer for 5 minutes.

3. Cook until the egg whites are set all over and the yolks start to thicken and cloud over. They don't have to be hard. When the 5 minutes are over, take off the lid and look at the eggs. If the eggs are still runny, put the lid back on the skillet. Set the timer for 2 minutes. When the 2 minutes are over, take off the lid and look at the eggs again.

4. When the eggs are done, remove the skillet from the burner. Put 1 bread slice in each of the soup bowls. With the ladle, spoon 1 egg and about 1/2 cup of the sauce onto each bread slice. Sprinkle each egg with about 1 tablespoon of the cheese. ○

