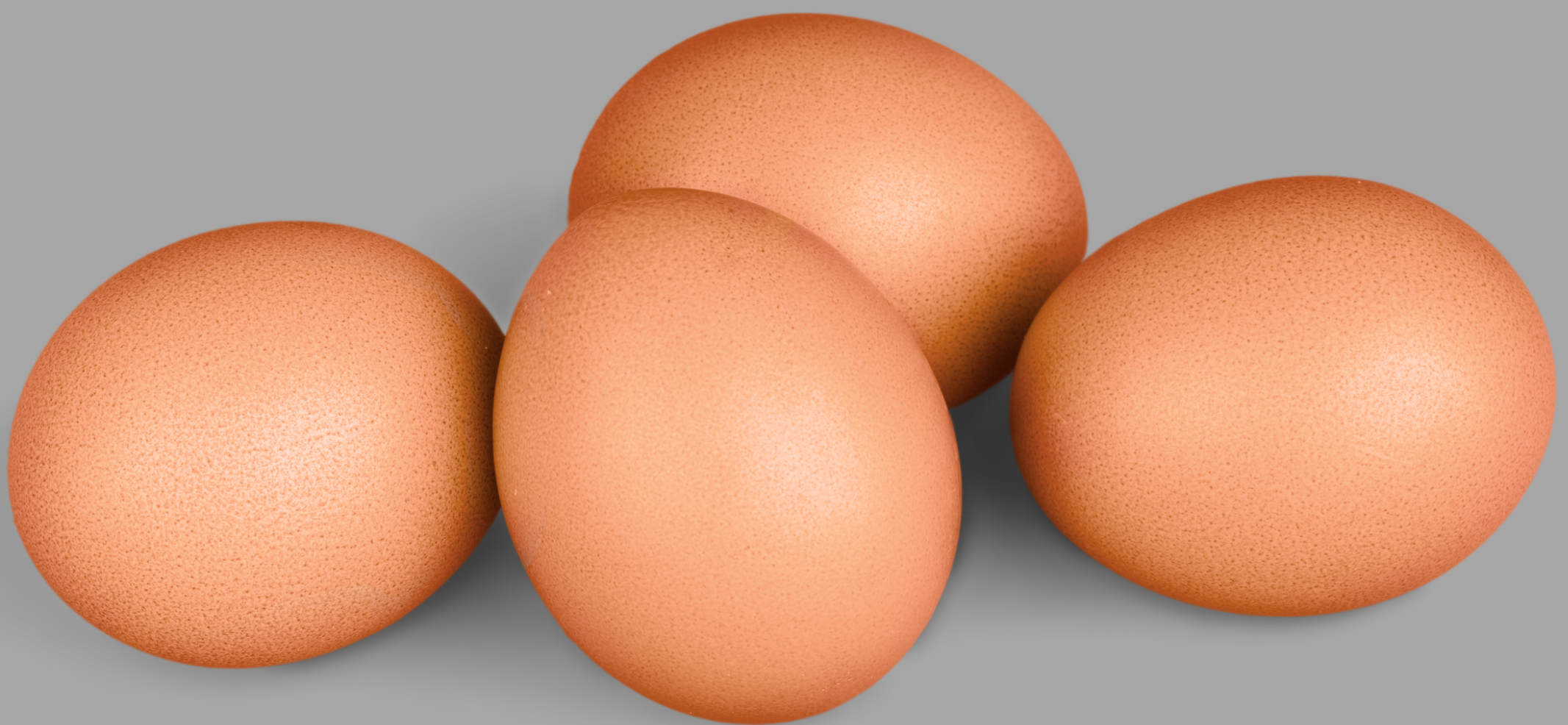




Italian Cloud Eggs

- 4 large eggs, separated
- 1/4 teaspoon Italian seasoning
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup shredded Parmesan cheese
- 1 tablespoon minced fresh basil
- 1 tablespoon finely chopped oil-packed sun-dried tomatoes



- Preheat oven to 450°. Separate eggs; place whites in a large bowl and yolks in 4 separate small bowls. Beat egg whites, Italian seasoning, salt and pepper until stiff peaks form.
- In a cast-iron skillet coated with cooking spray, drop egg white mixture into 4 mounds. With the back of a spoon, create a small well in the center of each mound. Sprinkle with cheese. Bake until light brown, about 5 minutes. Slip an egg yolk into each of the mounds. Bake until yolks are set, 3-5 minutes longer. Sprinkle with basil and sun-dried tomato flakes. Serve immediately, on toast if desired