



Spiced Lentils With Poached Eggs

Ingredients:

- 1 package Nature's Earthly Choice™ Great Day Microwavable Lentils
- 1 cup crushed tomatoes or tomato sauce
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ to 1 teaspoon garam masala
- ¼ teaspoon ground ginger
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- Pinch of paprika
- 6 cups baby spinach, packed
- 4 eggs
- 1 tablespoon vinegar

Directions:

1. In a skillet over medium heat, combine the lentils, tomatoes, and spices. Cook for 10 minutes or until most of the liquid has evaporated. Add the spinach in the last 3 minutes, stirring until wilted. Drain the lentils, if desired.
2. While the lentils are cooking, fill a large skillet 2/3 full with water. Bring to a boil then reduce to a simmer. Add 1 tablespoon of vinegar.
3. In a ramekin or small bowl, crack an egg. Carefully add to the water. Repeat with the remaining eggs, adding them one at a time. Cook for 4 minutes or until the whites have set. Serve over lentils and garnish with parsley, cilantro, or scallions if desired.