

Tomato, Eggs, & Cheese Platter



A tempting keto platter with yummy fried eggs, succulent fried tomato, & cheddar cheese. An ideal way to fill in the healthy fat & protein quota over breakfast, brunch, or dinner!

Ingredients for 2 serving (US/Metric)

- 3.5 *pieces* Eggs
- 1 *tbsp* Butter
- Tomatoes
- 62g / 2.2oz Cheese, cheddar
- Salt & pepper to taste

Nutrition (US/Metric)

- **Protein:** 25%
- **Fat:** 73%
- **Net carbs:** 2%

Instructions

1. Place a non-stick skillet on the stove over medium heat. Add the butter.
2. Meanwhile, take half of a tomato and sprinkle salt & pepper on the cut side. Put the tomato (seasoned side down) on the skillet.
3. Break both eggs directly on the skillet and season with salt & pepper.
 - **For sunny-side-up-** Fry the eggs for a few minutes without flipping.
 - **For both side fried eggs-** Fry one side for a few minutes, then flip and cook the other side for a minute. (If you prefer a solid yolk, cook the second side for 2-3 minutes.)
4. Transfer the fried eggs & tomato to a serving dish. Add a dash of favorite spices on top. Also, put the cheddar cheese on the side. Enjoy!