

EGGS IN A NEST

from [Animal, Vegetable, Miracle](#) by Barbara Kingsolver *(serves a family of 4)*

Ingredients

- 2 cups uncooked **brown rice**
- a few Tbsp **olive oil**
- 1 medium **onion**, chopped
- garlic** to taste
- carrots**, chopped
- ½ cup **dried tomatoes**
- 1 large bunch **swiss chard**, coarsely chopped
- 8 **eggs**

Instructions

- 1.** Cook rice with 4 cups water in a covered pot while other ingredients are being prepared.
- 2.** Sauté onions and garlic in olive oil in a wide skillet until lightly golden.
- 3.** Add and sauté for a few more minutes, adding just enough water to rehydrate the tomatoes.
- 4.** Mix with other vegetables and cover pan for a few minutes. Uncover, stir well, then use the back of a spoon to make depressions in the cooked leaves, circling the pan like numbers on a clock.
- 5.** Break an egg into each depression, being careful to keep yolks whole. Cover pan again and allow eggs to poach for 3 to 5 minutes. Remove from heat and serve over rice.

NOTE This recipe makes dinner for a family of four, but can easily be cut in half.