

Cilbir (Turkish Eggs)

Pronounced chilburr...

THM-Friendly: S

Set out to get to room temperature:

- 1 cup Greek yogurt

Add:

- 1 garlic clove, chopped
- sprinkle of mineral salt

Stir together and spread in the bottom of a large bowl. Set aside.

In a pan of water on the stove, poach:

- 2 eggs

Place the (drained) poached eggs on the yogurt mixture.

Heat up:

- 1 1/2 Tbsp. olive oil
- 1/8 tsp. red pepper flakes

Pour the hot oil over the eggs and yogurt. Can top with salt and pepper. EnJOY with some crusty bread, if you like (for a crossover).

You could sub fried eggs for the poached eggs.

