

YIELD: 2 SERVINGS

Baked Eggs and Green Beans

A filling breakfast for two of creamy baked eggs, toast, and vegetables. The perfect way to start your day!

PREP TIME	COOK TIME	TOTAL TIME
8 minutes	12 minutes	20 minutes



Ingredients

- 8 ounces Fresh Green Beans, washed and dried
- 1/2 teaspoon Olive Oil or Grapeseed Oil
- 2 Eggs
- 2 tablespoons Half & Half
- 4 tablespoons Grated Vegetarian Parmesan Cheese
- Salt and Pepper, to taste
- 2 slices Whole Grain Bread
- Fresh Basil, Parsley, or Chives

Instructions

1. Adjust the cooking rack to the bottom position and preheat the toaster oven to 425°F.
2. While the toaster oven preheats trim the ends of the green beans. Combine the beans and oil on a baking sheet and season with salt and pepper.
3. On the same baking sheet add two lightly oiled 3-ounce ramekins. Add 1 tablespoon half and half and 2 teaspoons cheese to each ramekin. Crack an egg into each ramekin and season with salt and pepper.
4. Place pan in the toaster oven and cook for 6 minutes.
5. After 6 minutes, carefully remove the pan and stir the beans. Place bread slices on the edge of the pan and return to the toaster oven.

6. Continue cooking until the whites of the eggs are set and the beans are a little wrinkled but still crisp-tender, about 6 to 7 minutes more.
7. Top eggs with fresh herbs and serve warm.

Notes

The recipe timing is for jammy-style yolks (for dipping toast in). If you prefer a hard-cooked yolk bake the eggs for a few minutes longer.

Nutrition Information: YIELD: 2 SERVING SIZE: 1

Amount Per Serving: CALORIES: 259 TOTAL FAT: 10.6g
SATURATED FAT: 4.3g CHOLESTEROL: 176mg SODIUM: 369mg
CARBOHYDRATES: 25.4g FIBER: 8.9g SUGAR: 4.9g PROTEIN: 15.8g

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