



PALEO BAKED EGG IN AVOCADO

SERVES: 4 (1 avocado half each) **Prep Time:** 10 min. **Cooking Time:** 30 min.

CONTAINER EQUIVALENTS (per serving): ½ 1

- 2** medium avocados, cut in half, seeds removed
- 4** large eggs
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 2 tsp.** finely chopped red bell pepper
- 2 tsp.** finely chopped chives

SPECIAL EQUIPMENT:

Aluminum foil

- 1.** Preheat oven to 425° F.
- 2.** Remove enough avocado flesh from center of each avocado half, using a small spoon, to accommodate one egg. (This is usually about half the avocado flesh.)
- 3.** Make four nests to bake avocados in using a 12 x 12-inch sheet of aluminum foil for each nest. Crumble each piece of foil into a loose ball, place on baking sheet, and gently press down in center using skin-side of an avocado half until it forms a snug and stable nest.
- 4.** Crack one egg into each avocado half. Season evenly with salt and pepper. Top evenly with bell pepper.
- 5.** Bake for 20 minutes for runny yolks, 25 minutes for semi-firm yolks, or 30 minutes for firm yolks.
- 6.** Plate one avocado cup per serving. Garnish evenly with chives and enjoy!

RECIPE NOTE:

The leftover avocado flesh makes a great guacamole snack when mixed with a squeeze of lime and a pinch of salt and pepper!

VARIATION:

Substitute 4 tsp. finely chopped low-sodium nitrate-free ham and 4 tsp. shredded cheddar for red bell pepper and chives. For each avocado half, whisk together 1 egg, 1 tsp. ham, 1 tsp. cheese, 1 pinch salt, and 1 pinch pepper; pour into avocado half. Repeat for remaining three avocado halves. Bake for 30 minutes or until set.

CONTAINER EQUIVALENTS (per serving): ½ 1

NUTRITIONAL INFORMATION (per serving): **Calories:** 154 **Total Fat:** 12 g **Saturated Fat:** 3 g **Cholesterol:** 183 mg **Sodium:** 351 mg **Carbohydrates:** 5 g **Fiber:** 3 g **Sugars:** 1 g **Protein:** 7 g

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.