

BAKED AVOCADO WITH EGG

This recipe calls for chopped chives, but feel free to serve with whatever fresh herbs or other toppings you have available. A tablespoon of salsa or a little hot sauce would offer a nice hit of spice.

Yield - Makes two servings



Nutrition Facts	
Serving Size 1 serving (290.8 g)	
Amount Per Serving	
Calories 449	Calories from Fat 344
	% Daily Value*
Total Fat 38.2g	59%
Saturated Fat 7.0g	35%
Cholesterol 327mg	109%
Sodium 137mg	6%
Total Carbohydrates 18.1g	6%
Dietary Fiber 13.6g	54%
Sugars 2.0g	
Protein 15.2g	
Vitamin A 16%	Vitamin C 35%
Calcium 7%	Iron 16%
* Based on a 2000 calorie diet	

INGREDIENTS

- 2 ripe avocados
- 4 fresh eggs
- 1/8 teaspoon pepper
- 1 tablespoon chopped chives

DIRECTIONS

1. Preheat the oven to 425 degrees.
2. Slice the avocados in half, and take out the pit. Scoop out about two tablespoons of flesh from the center of the avocado, just enough so the egg will fit snugly in the center.
3. Place the avocados in a small baking dish. Do your best to make sure they fit tightly.
4. Crack an egg into each avocado half. Try your best to crack the yolk in first, then let the egg whites spill in to fill up the rest of the shell.
5. Place in the oven and bake for 15 to 20 minutes. Cooking time will depend on the size of your eggs and avocados. Just make sure the egg whites have enough time to set.
6. Remove from oven, then season with pepper, chives, and garnish of your choice.

Enjoy! 😊