

Baked Avocado Eggs

Serves 4

Ingredients

2 avocados

4 eggs

1/2 lemon

1/2 tsp Kosher salt

1/4 tsp freshly ground black pepper

1/4 tsp red pepper flakes – optional

1/4 cup of water

Chopped parsley

Sliced scallions or chives for garnishing-optional

Whole grain bread or warm gluten-free tortillas for serving

Instructions

1. Adjust oven rack to middle position and preheat to 400°F.
2. Cut each avocado in half and remove the pit. Using a spoon or melon baller, scrape out the center of each halved avocado so that it is large enough to accommodate an egg. Squeeze lime juice over the avocados and season with salt, then place in a baking dish with a cover or rimmed dish sitting on a piece of foil large enough to wrap around dish and form a folded seal.
3. Break an egg into the center of each avocado being careful to keep the yolks intact, sprinkle with salt, pepper and chili flakes. Add 1/4 cup of water to the dish.
4. Cover or foil wrap eggs.
5. Bake oven until whites are set and yolk is runny, about 20 to 25 minutes. Remove from oven; if eggs are not set to your liking, pop under the broiler for a minute. Garnish with cilantro, scallions, and chilies and serve with tortillas.

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