

# baked avocado and egg

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My husband actually found this recipe and sent it along for me to try. It was so obvious that these two ingredients would be perfect together, not sure why we didn't try it sooner. It tasted like a mashed potato almost with its rich, creamy taste due to the avocado and saltiness with the egg.



The first time around I cooked the egg a little too much making it more of a over-medium style, which I think was fine, but I prefer it to be a little more gooey in texture. The best part of this recipe is you can add anything you want for toppings - bacon (or in our case, fake bac'n), chives, green onions, shredded cheese, sour cream, salsa and more.

## Ingredients:

- Avocado
- 2 Eggs
- Salt/pepper
- Topping Options: Shredded Cheddar Cheese, Sour Cream, Salsa, Bac'n Bits

## Instructions:

Preheat oven to 400 degrees F. Slice avocado in half, take out pit. Place the avocado slices on a baking pan. Crack one egg into each avocado slice (\*don't worry if egg drips out a bit). Sprinkle whatever you want on top - cheese, bac'n bits, etc. Place in oven and cook till your eggs [are done how you] desire. Around 10-15 minutes for soft-medium, 15-20 for medium. Top with sour cream, salsa or green onions.