

Baked Eggs in Avocado

Ingredients

1 avocado
olive oil
2 whole eggs
salt
paprika
lime zest, for serving



Directions

Preheat oven to 425°F. Slice the avocados in half, and remove the pit. Scoop out about 2 tablespoons of flesh from the center of the avocado, just enough so the egg will fit snugly in the center. Place the avocados in a small baking dish or ramekin. 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 half. 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. Remove from oven, season with salt and garnish with the garnish of your choice. Enjoy!

Green Egg Muffins

Makes 6 | Adapted from Melissa Ramos of Sexy Food Therapy

Ingredients

8 eggs
1 handful of fresh spinach, chopped thinly
3 sundried tomatoes, dry packed, sliced thin
1 large Portobello mushroom, chopped
2 tablespoons almond milk
3 tablespoons red onion, chopped
1/4 teaspoon salt
Fresh ground pepper

Directions

Preheat the oven to 350°F and grease a muffin pan with coconut oil. Whisk all ingredients together. Pour into muffin pan. Place in the oven to cook for 20 minutes, or until firm in the center and puffy.

Tip: this recipe works really well with a silicone muffin pan. The flexible bottom of the pan eases in muffin removal.

Poached Eggs On Polenta

Ingredients

1/2 roll of pre-cooked polenta
2-3 big handfuls fresh baby spinach leaves
1 garlic clove, minced
4 eggs
Ghee/olive oil
Salt & pepper
1 splash white vinegar (for poaching the eggs)
1 pinch paprika (for garnish)
1 lemon, sliced (for garnish)
Basil leaves, chopped (for garnish)
Tomato sauce (optional)

Directions

Slice the polenta into 4, 1/2" rounds.

In a small saute pan, heat a pat of ghee/olive oil over medium heat. Brown the polenta, flipping once, until the rounds are warmed through and light brown on top and bottom.

Remove the polenta from the saute pan, and add the spinach. When the spinach begins to wilt, add the garlic, and season with a pinch of salt and pepper. Saute until the garlic is cooked through and the spinach is well wilted.

Meanwhile, poach the eggs. Use an egg poacher or: fill a large saucepan with water, halfway to the top. Bring water to a steady simmer. Add the splash of vinegar to the water. Break the eggs into individual, small glass dishes or ramekins; and then carefully -- so as not break the yolks -- slide the eggs from the ramekins into the simmering water one at a time.

Let the eggs poach for about 2 minutes, then -- using a slotted spoon -- remove them from the water and place on a paper towel to dry.

To plate, pour two ladles of tomato sauce onto the plate. Then top two slices of the polenta with some of the sauteed spinach, and then place the poached eggs atop that. Sprinkle with the paprika and chopped basil, and then garnish with a slice of lemon.

