

Baked Avocados

Ingredients

- 4 ripe avocados
- 8 small farm-fresh eggs
- 1 tablespoon melted ghee or olive oil
- Pinch of Harissa, or your favorite spice.
- Sea salt to taste

Method

- Preheat the oven to 400°F.
- Cut the avocados in half lengthwise and remove the pits.
- Using a tablespoon, scoop out 1 to 2 tablespoons of avocado flesh from each half to create 8 cups, each large enough to hold one of your eggs.
- Crack an egg into each avocado “cup.” * Yolks first followed by the whites as room allows.
- Drizzle each with the melted ghee and sprinkle with sea salt and seasonings.
- Arrange the avocado cups in a small baking pan to fit them as close and snug as possible.
- Bake for 10 to 12 minutes, until the egg whites look cooked through. Serve immediately.

**Note: I find it easiest to crack the egg and separate the yolk from the white. Place the yolk into the avocado cup then slowly add the white a little at a time to fill the “cup”. This is a delicate process. It is tricky to not overflow the egg white. Depending on the size eggs you use you may not use all the whites.*

Variations

Vegetarian Options: Add leftover risotto to make a great side dish. Today I used asparagus risotto but any rice, quinoa or cous-cous would be delicious. Top it with a drizzle of olive oil and a sprinkle of your favorite cheese. Today I used Manchego with the risotto. Bake about 10 minutes at 400°F.

Meat Lover Options: I used ground turkey, but ground beef, a meatloaf blend or even sloppy Joe filling would be delicious. Simply lightly brown your meat. Add a splash of water or soy sauce and your favorite seasonings. Today I used Sweet and Smokey BBQ rub. Toss in a bit of sautéed kale, onion, diced pepper or your favorite vegetable. Add a 1/4-1/2 cup of the mixture to each avocado cup and top with your favorite cheese. Cover loosely with foil to keep it moist. Bake 10-12 minutes at 400°F.