

Amazing Low Carb Avocado Hash

Cook Time 10 minutes

Serves 1



Ingredients

- ¼ cup diced tomato
- ¼ cup diced zucchini
- ¼ cup diced yellow pepper
- ¼ cup diced onion
- Hand full of fresh baby spinach
- 2 TBSP olive oil, divided
- 1 avocado, halved and seeded
- 2 eggs, medium or large
- Salt and pepper to taste

Instructions

1. Preheat oven to 425°.
1. In the bottom of a small oven proof casserole dish, add the diced vegetables and spinach, stir to mix then spread out evenly. Sprinkle vegetable mixture with salt and pepper and drizzle with one tablespoon of olive oil.
2. Create two wells in the mixture and place an avocado half in each. Crack an egg into each avocado half, sprinkle with salt and pepper and drizzle with remaining tablespoon of olive oil.
3. Bake for 10 minutes or until egg whites are set and yolks are starting to thicken.

Gluten Free / Paleo / Keto / Low Carb / Whole30