

## BAKED AVOCADO EGGS

July 31

National Avocado Day



### INGREDIENTS

- 5 Large Avocados (ripe but firm - not very soft)
- 10 Eggs
- 1¼ Teaspoons Salt (divided)
- 1¼ Teaspoons Black Pepper (divided)
- 5 Tablespoons Parsley (chopped)

### DIRECTIONS

1. Preheat your oven to 450°. Line a baking dish with foil for easy cleanup. Look for a small baking dish that would allow the avocado halves to stand upright.
2. Cut the avocado in half lengthwise and remove the pit. Using a spoon, scoop out a little of the flesh of each avocado half - you want it to be large enough to accommodate a medium egg.
3. Season the avocado halves with half of the kosher salt and black pepper, and place them in the prepared baking dish.
4. Break each egg into a small bowl, then carefully slide the yolk, and as much as will fit from the white, into the center of each avocado half.
5. Bake until the whites are set, for about 15 minutes.
6. Season the avocado egg with the remaining salt and black pepper. Garnish the dish with chopped parsley. Serve immediately.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

### MEAL TYPE

 Breakfast

### YIELD

10 Baked Avocados

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Baked Avocado	1 Baked Avocado	1 Baked Avocado	1 Baked Avocado