

Avocado with Eggs en Cocotte

Baked eggs with avocado creates awesome flavors and a creamy texture. This is super easy to make. In French, “oeufs en cocotte” refers to cooking eggs in single ramekin containers, and classically with cream or butter added to the ramekin as well. I think this is even better with avocado.

Prep Time: 5 minutes

Baking Time: 15 minutes

Serves: Two

Ingredients:

2 Haas Avocados

4 large cage-free, organically raised eggs

1/8 teaspoon sea salt

1/8 teaspoon ground black pepper

½ teaspoon flat leaf parsley, diced

Directions:

Preheat oven to 400 degrees (F). Slice avocados in half lengthwise, remove the pits. Remove 3-4 teaspoons of avocado from the center to form a bigger hole.

Crack each egg into each avocado opening. If needed to ensure avocado doesn't tip over, place in a muffin pan.

Sprinkle salt, pepper, and parsley over egg and avocado. Bake for ~14-17 minutes and serve.

My preference is to cook eggs such that the egg white is completely set, and the yolks begin to thicken but are not hard.

Enjoy,

Steven Masley, MD