

## ***Zucchini and Red Bell Pepper with Eggs Sunny Side Up***

*This dish is super easy to make and very satisfying.*

**Serves:** Two

**Prep Time:** 15 minutes

### **Ingredients:**

**1 tablespoon avocado oil**

**½ medium onion, diced**

**2 cups zucchini, diced**

**1 red bell pepper**

**1 tsp Italian herb seasoning**

**½ tsp sea salt**

**1 tablespoon extra-virgin olive oil**

**4 large cage-free, organically raised eggs**

**1 tablespoon fresh basil leaves, chopped**

**Optional: few dashes of hot sauce**

### **Directions:**

Heat a large sauté pan over medium-high heat, add avocado oil, onion, zucchini, bell pepper, herbs, and salt and sauté for 3-4 minutes, stirring occasionally, until onions are translucent, then add bell pepper, reduce heat to medium, and sauté another 2-3 minutes. Stir in olive oil.

With a wooden spoon, create 4 openings in your veggie mixture in the skillet big enough for each egg, then crack an egg into each. Cover the sauté pan and heat over medium heat for about 3-4 minutes, until eggs are cooked. Garnish with basil, and serve.

Enjoy,

Steven Masley, MD