

BAKED EGGS AND ROASTED VEGETABLE CASSEROLE

By Dr. Cindy Tanzar
(Standard)

Makes 2 servings covering your protein, vegetable, and fat.



INGREDIENTS

- 1 cup broccoli florets
- 2 cup butternut squash, cubed
- 1 cup medium red onion, cut in 8 wedges
- 1.5 Tbs avocado or coconut oil
- 6 eggs
- Pink Himalayan salt and ground black pepper, to taste



DIRECTIONS

Preheat oven to 425° F. In a large bowl toss together broccoli, butternut squash and red onion with coconut oil and sprinkle with pink Himalayan salt. Transfer veggies to a baking dish and roast for 20 to 25 minutes, tossing veggies once halfway through.

Remove baking dish from oven and reduce oven temp to 375° F. Break eggs, one at a time, into the pan on top of the vegetables, make sure to keep the eggs separated. Bake until egg whites are set and yolks begin to thicken. Sprinkle with cracked pepper, serve and enjoy!