



The Avocado-Egg Hybrid

Ingredients:

1 avocado
2 eggs
Seasoning

Directions:

1. Slice a ripe, medium-to-large avocado lengthwise. Remove the seed.
2. With a spoon, carve out a slightly bigger crater for one whole egg to rest in.
3. Place the 2 halves into an oven-safe tin. Make sure the halves are stable, or the eggs may slip out.
4. Season to taste; I like a few fresh-cut green onions, sea salt, and chili pepper flakes.
5. Crack your egg into the avocado crater and season a bit more if desired.
6. Broil at 350 degrees for about 15 minutes or until the egg is cooked to your liking.