



## Baked Egg with Avocado Salad

**Servings:** 2

**Serving Size:** 1 egg, ½ the Salad

### **Ingredients**

- 2 eggs
- 2 Tablespoons olive or canola oil, divided
- 2 Tablespoons balsamic vinegar
- Salt and Pepper, to taste
- 1 large, ripe Hass avocado, cubed
- 1 large tomato, diced
- ¼ of a small red onion, peeled and thinly sliced
- ¼ cup chopped fresh parsley

### **Directions**

1. Preheat oven to 400°F.
2. Crack each egg into a separate bowl without breaking the yolks. Set aside.
3. Preheat a small oven-safe pan for 5 minutes. Remove from oven and add 1 Tablespoon of oil. Add the eggs, and immediately put the pan back in the oven. Cook for about 2-5 minutes, or until eggs reach desired doneness (2 minutes for a runny yolk, up to 5 minutes for a set yolk).
4. While the eggs are cooking, add remaining oil, balsamic vinegar, salt and pepper to a small bowl and whisk ingredients together to create the dressing. Add avocado, tomato, red onion and parsley to the dressing and toss.
5. Remove eggs from oven. Plate salad ingredients first and top with the eggs. Serve immediately.