

BAKED EGGS AND ROASTED VEGETABLE CASSEROLE

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!