

Squash Egg Nests



SQUASH EGG NESTS

ingredients

2 medium or 1 large squash (delicata or acorn) cut into 1-inch rings and seeded

6-8 large eggs

2-3 teaspoon olive oil

Salt and pepper to taste

directions

Preheat the oven to 425 degrees. Arrange squash rings on a pan, brush with oil, and season as desired. Bake for 12-14 minutes.

Remove from oven and crack 1 egg in the middle of each ring. Season as desired. Reduce heat to 350 degrees and return the pan to the oven. Bake 12 minutes or until eggs are set.

notes

Serve with fruit for breakfast or with a salad for dinner!