

## **Baked Egg Skillet with Avocado and Tomato**

### **Ingredients**

1 (10 oz) can of diced tomatoes

4 oz (8 Tbsp) avocado

4 eggs

Low-sodium all-purpose seasoning (ex. Vege-Sal) and ground black pepper to taste

### **Instructions**

1. Preheat oven to 400F
2. Dice and strain tomatoes; slice avocados lengthwise
3. Spray an oven proof pan with non-stick spray
4. Crack eggs into pan; arrange avocado slices and tomatoes on top of eggs; season with S/P
5. Bake ~10-12 minutes, until whites are set and yolk cooked to your liking

**Makes 2 generous servings**

### **Nutrition analysis:**

Cals 240

Carbs 9 g

Protein 13 g

Fats 17 g

Fiber 5 g

Exchange system: Count as 2 proteins, 2 fats, 1 veggie

Adapted from: <https://kalynskitchen.com/baked-eggs-skillet-with-avocado-tomatoes/>