

# Baked Eggs and Spinach



## Cooking Time

25 Minutes

## Yields

4 Servings

## Ingredients

- 6 cups fresh spinach leaves (firmly packed)
- 1 shallot, chopped
- 2 tablespoons coconut oil, plus extra for greasing ramekins
- 1 tablespoon chopped garlic
- 4 eggs
- 1 teaspoon Italian seasoning
- Salt & pepper
- 2 tablespoons sun-dried tomatoes (optional)

## Directions

1. Preheat the oven to 400 degrees.
2. In a skillet over medium heat, cook the spinach, garlic and shallot in the coconut oil, stirring occasionally, for 3-4 minutes. If using sun-dried tomatoes, stir them in and mix well. Divide mixture among 4 ramekins greased with coconut oil.
3. Crack one egg into each ramekin on top of the spinach mixture. Sprinkle evenly with the Italian seasoning and season with salt and pepper
4. Set the ramekins on a baking sheet and bake until set, 15-18 minutes.

## Credit

Modified from Paleo Magazine

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