

Oven Baked Eggs Over Easy



Yields

2-4 Servings

Ingredients

2-4 Eggs

2-4 slices of Bacon

2-4 cups of Spinach

¼ -½ cup of Onion sliced

Coconut oil spray

*Choosing organic eggs, organic greens, and nitrate free meat is best

Directions

Heat oven to 350 degrees.

Spray 2-4 ramekins with coconut oil spray.

Sauté 2-4 cups of spinach (and onion if time permits) in water for 3 minutes or until bright green. One cup of spinach per ramekin.

Divide spinach/onion into 2-4 servings and spoon into ramekins.

Crack an egg into each ramekin.

Add crumbled nitrate free bacon.

Add salt and pepper to taste.

Cook for 12-15 minutes - just enough to set the whites if you like the yolk runny, or 15-18 to set the yolks.