

Eggs in a Butternut Squash Nest

1 SERVING 15 MINUTES



INGREDIENTS

3/4 cup Butternut Squash (spiralized into noodles)

1 tsp Coconut Oil

2 Egg

Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	230	Iron	2mg
Fat	14g	Vitamin D	82IU
Carbs	13g	Folate	75µg
Fiber	2g	Magnesium	48mg
Protein	14g	Zinc	1mg
Vitamin C	22mg		

DIRECTIONS

- 01 Form the spiralized squash noodles into nests, making a small well in the center for the egg.
- 02 Heat a pan over medium heat and add the coconut oil. Use a spatula to transfer the squash nests to the pan and cook for about 7 minutes.
- 03 Crack eggs into cups and transfer them into the wells of the squash nests. Cook for about 3 to 4 minutes or until the whites have set and it is cooked to your liking. Cover the pan with a lid to speed up the cooking time.
- 04 Transfer the egg nests onto a plate and season with sea salt and black pepper to taste. Enjoy!

NOTES

RECIPE ID 211

SPIRALIZING SQUASH

Use a spiralizer machine to create spirals with the long part of the butternut squash, not the bulb. Peel first and then cut in half horizontally to spiralize.

NO SPIRALIZER

Use a grater or shredder being careful not to cut yourself.