

Cali Flavor Egg Bake



Recipe created by Chef Brad Barnes for Cal Flavor™



Total Time: 30 min



Serves: 4



Method: Simmer/Poach

The Cal Flavor Egg Bake is a savory and satisfying dish, perfect for any meal of the day. This delightful bake features the creamy richness of diced Cal Flavor Avocados, harmoniously blended with the vibrant flavors of minced garlic, sliced scallions, and chopped red bell pepper.

Ingredient

- 1 tsp • Canola oil
- 2 cloves • Garlic • minced
- 3 each • Scallions • sliced
- 1 each • Red bell pepper, small • seeded and chopped
- 4 • Canned heart of palm, drained • sliced 1/2 inch thick
- 14 oz • Canned diced tomatoes
- 1 tsp • Cumin – ground
- 0.5 tsp • Paprika, sweet
- 2 each • Avocado • peel and dice
- 8 each • Whole eggs
- 2 oz • Feta, Low-fat, crumbled
- 1 tsp • Kosher salt
- ½ tsp • Black pepper
- 1/2 cup • Fresh cilantro • chopped



Instructions

Step 1

Heat oil on medium in cast iron skillet, saute the garlic, scallions, and bell pepper about 2 minutes until translucent.

Step 2

Add hearts of palm, tomatoes, and spices. Bring to a simmer and cook about 5 minutes.

Step 3

Add the diced avocado in and lightly mix. Press the back of a tablespoon into the tomato-avocado mixture to create 8 wells. Crack an egg into each indentation, cover with a lid, and simmer on low for about 5 minutes or until the egg whites are just firm. (for hard eggs, cook 3 minutes more)

Step 4

Uncover, remove pan from heat, adjust seasoning, sprinkle crumbled feta and chopped cilantro over the top.

Step 5

Serve hot & Enjoy with company.