Baked Egg Stuffed Tomatoes with Avocado Toast



A tasty and simple way to get your day started!

Timing

Prep time	Total time	Skill level
20 minutes	**40 minutes**	**Easy**

What You'll Need

Egg Stuffed Tomatoes

- 2 Red Sun Farms tomatoes
- 1/2 tsp dried oregano
- Sea salt and black pepper to taste
- 2 eggs

Avocado Toast

- 2 pieces of whole grain or multi-grain bread

- 1/2 avocado, peeled and pitted
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Sea salt and black pepper to taste

Directions

Egg Stuffed Tomatoes

1. Preheat the oven to 375°
2. Cut off the very top part of each tomato. Gently scoop out the inside of the tomato, making sure not to cut or damage the shell of the tomato.
3. Sprinkle the inside of each of the tomato shells with some of the oregano, sea salt, and pepper.
4. Crack eggs and put them into each tomato shell. There may be some excess egg white that spills over, depending on the size of the egg and the tomato. Wipe away any excess.
5. Place each tomato into a baking dish that has been greased with a bit of olive oil on the bottom, so the eggs won't stick.
6. Bake for 20 minutes or until the eggs are cooked. (The egg whites will turn white.)
7. Serve with Avocado Toast.

Avocado Toast

1. Put the bread in the toaster and toast to the desired amount.
2. Put the avocado in a bowl and add the lemon juice and olive oil. Mash together with a spoon or potato masher. Season with sea salt and pepper to taste.
3. Spread on toast and serve with Egg Stuffed Tomatoes.