

# Squash Egg Nests



# SQUASH EGG NESTS

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## *ingredients*

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2 medium or 1 large squash (delicata or acorn) cut into 1-inch rings and seeded

6-8 large eggs

2-3 teaspoon olive oil

Salt and pepper to taste

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## *directions*

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Preheat the oven to 425 degrees. Arrange squash rings on a pan, brush with oil, and season as desired. Bake for 12-14 minutes.

Remove from oven and crack 1 egg in the middle of each ring. Season as desired. Reduce heat to 350 degrees and return the pan to the oven. Bake 12 minutes or until eggs are set.

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## *notes*

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Serve with fruit for breakfast or with a salad for dinner!

**SPFC**

ST. PETE FREE CLINIC

SERVE PEOPLE. FEED COMPASSION.