

THE GOODS

4-6 Eggs
2 Tbsp butter/ghee/coconut oil
1 Clove chopped garlic
1 Leek
1 Zucchini
1 Bunch greens of choice
1.5 Cups salsa verde

2 Cups broth
1 Tsp salt (or more to taste)
2 Tsp cumin
1-2 Tsp coconut sugar (optional: to cut the spice)
1/2 Tsp black pepper
For toppings: avocado, queso fresco,
vegan feta (violife), cilantro, lime wedge,
sour cream, jalepenos

THE METHOD:

Heat oven to 475 degrees. Chop the veggies into bite-sized pieces. Saute veggies in butter/ghee/coconut oil and a sprinkle of salt in your skillet (cast iron if possible) on the stovetop until soft. Add the broth, salsa, spices. Simmer for 5 minutes. Taste. Add more salt if you care for it, or the coconut sugar to cut the spice (start very slow to find the right balance). Gently crack the eggs atop the salsa and season with salt and pepper. Place skillet in warmed oven and bake for 8-12 minutes (or until the eggs are cooked to your liking). Remove from oven and top with any (or all) of the toppings suggested. Enjoy with warm tortillas or on its own.

