

SPAGHETTI SQUASH EGG NESTS

inLifeandLittles.com - Whole30, Gluten Free

Prep: 5 min **Cook time:** 20-60 min **Total time:** 25-65 min

INGREDIENTS:

½ cup baked spaghetti squash (this can be done in advance)
1 Tbsp butter, ghee or oil
½ tsp garlic powder
¼ tsp sea salt
Dash of paprika
Pepper, to taste
2 lg eggs
½-1 Tbsp coconut oil for pan
Crushed red pepper *OPTIONAL

INSTRUCTIONS:

SKIP TO STEP 5 IF SPAGHETTI SQUASH IS PREBAKED

1. Preheat the oven to 400 degrees.
2. Cut spaghetti squash in half lengthwise and remove seeds.
3. Place the cut side down on a baking sheet and bake for ~30 minutes. Baking time will vary depending on the size of squash. You will know it is done when you can use a finger to push in the outside of the squash.
4. Once it is baked, remove from the oven and allow to cool. Use a fork to scoop out the spaghetti squash from the inside, giving you noodles.
5. In a small bowl, mix your ½ cup spaghetti squash with all the seasonings and butter.
6. In a medium frying pan, melt the oil on low.
7. Divide the spaghetti squash mix into 2 servings. Place them separately into the pan.
8. Using a fork, carefully create 2 nests about 4-5 inches wide, making sure you have a hole in the center for the egg. **TIP:** TRY NOT TO MAKE THE EDGES OF YOUR NEST TOO FLAT OR TOO SEPARATED OR THE EGG WILL SPILL OUT.
9. Once the nests are formed, turn the heat up to low-medium. Crack an egg into the center of each nest and let it cook.
10. Remove when the egg is done sunny side up, or carefully flip it over and allow it to cook the other side to your liking.

