

Rutabaga Egg Nests



Serves 3

Ingredients:

- 1 large rutabaga, peeled
- 1/2 yellow onion, thinly sliced
- 1 garlic clove, minced
- 3 tablespoons coconut oil or organic butter
- 3 eggs
- Salt and pepper, to taste
- Parsley (to garnish)

Adapted from PaleOMG.com

Instructions:

1. Peel the rutabaga. Roughly chop then send the rutabaga through a food processor with the shredding attachment. If you don't have a food processor, you can use a cheese grater.
2. Place a medium skillet over medium-high heat and add 1 tablespoon of butter/oil and minced garlic.
3. In a bowl, mix together rutabaga and sliced onion. Place in skillet, spread out in pan and press down. Sprinkle with a bit of salt and pepper. Cook for 4-5 minutes, then use a spatula to flip the rutabaga.
4. When the rutabaga is almost done cooking, use a spoon to make a spot in the middle of the shredded rutabaga into which you can crack the egg.
5. Crack your egg into the middle of the rutabaga. To cook your egg perfectly, pour just a tablespoon of water into the pan and cover with a lid. Let cook for a minute or two until egg is cooked to your preference.
6. Top with a bit of parsley.
7. Repeat steps 3-6 with remaining rutabaga and eggs.

Nutrition per serving: Calories 344; Total Fat 23.7 g; Saturated Fat 16.7 g; Monounsaturated Fat 3.3 g; Polyunsaturated Fat 1.2 g; Total Carbohydrates 24.8 g; Dietary Fiber 6.2 g; Sugar Alcohols 0.1 g; Sugars 12.8 g; Protein 9.3 g; Sodium 145 mg