

Eggs and Roasted Vegetables

This is a free for all recipe!

Use the vegetables that you love and simply toss them with some olive oil, sea salt, pepper and a touch of garlic powder. Roast at 400 degrees until tender. Set aside.

Your egg cooks best at room temperature. If you don't have time to wait, simply fill a bowl with warm water and place your egg in the water for about 5 minutes. You will find the white to be less runny and the egg to cook more evenly.

Heat your pan and coat with pan spray or a little butter. Crack egg in another container and place in pan. Cover with a lid. Roll pan a bit to keep white of egg closer together or use a spatula. Cook until desired doneness, then place cheese on top. Remove from heat as the egg will continue to cook.

Place egg on top of plated roasted vegetables and enjoy!!