

Butternut Squash, Kale & Bacon Castiron Egg Bake

Serves: 3-4

INGREDIENTS:

- 2 slices uncured bacon
- 2 cups kale, chopped fine
- 2 tbsp shallot, minced
- 5 whole eggs
- Butternut squash



Serving size: 1 portion, atleast 1 egg

INSTRUCTIONS:

1. Preheat the oven to 400 degrees. Lay pre-cut squash out on a baking sheet and spray with non stick spray and sprinkle with salt. Cook for 18-20 minutes until very fork tender.
2. Meanwhile, set your castiron skillet on the stove top. Heat over medium and add in the bacon. After about 5 minutes, flip over to cook the other side.
3. Add in the minced shallot to the bacon dish and let cook for 2 minutes. add in the kale and toss all together. After a few more minutes, remove the bacon strips and chop into pieces.
4. Add bacon back to the skillet along with the roasted squash.
5. Crack 5 eggs on top.
6. Pop back into the oven for about 25 minutes or until the whites of the eggs are fully set and no longer 'giggly'.
7. Serve immediately or let it cool and store in a container in the fridge for the next few days.