

Easy Huevos Rancheros

INGREDIENTS:

- 6 eggs
- 1/2 cup salsa (or black bean salsa)
- Handful mushrooms
- 2 green onions, any fresh herbs
- Parchment paper (Cut into squares a bit bigger than muffin tins)
- Coconut Oil

METHOD:

1. Preheat oven to 400F and set the oven rack in the middle.
2. Coat muffin tins with oil, line with 2 pieces of parchment, leaving the tips sticking up in all directions.
3. Place mushrooms, green onions & salsa in each cup holder.
4. Crack an egg into each one.
5. Place in 400 degree oven for 10-15 minutes, till the eggs are done the way you like.
6. Serve in the parchment.

Options,

- *use your favorite herbs.*
- *use any vegetables, fresh or leftovers.*
- *sprinkle with cheese*