Spicy Sriracha Baked Avocado Eggs

Prep Time: 5 minutes | Cook Time: 15 minutes | Makes: 4 servings

INGREDIENTS
2 firm ripe avocados, halved and pitted
4 EGGS
1/4 tsp. each salt and pepper
1 tbsp. sriracha hot sauce
1 tbsp. finely chopped fresh cilantro

DIRECTIONS
1. PREHEAT oven to 425°F. LINE 8-inch square baking pan with foil. SCOOP out some of the pulp from avocado halves, leaving hole big enough to fit an EGG (reserve pulp for another use).

2. PLACE avocado halves in prepared pan to fit snugly in single layer. FOLD foil around avocado halves to prevent tipping.

3. CRACK EGG into each avocado half; season with salt and pepper. BAKE for 12 to 15 minutes or until whites are set and eggs are cooked to desired doneness. Let STAND for 5 minutes before serving.

4. DRIZZLE each egg with hot sauce and sprinkle cilantro over top.

OUR COMMITMENT TO THE HISPANIC COMMUNITY & FAMILIES
The role of food in Hispanic cultural life is legendary—from holidays and celebration to honored traditions to cooking and family meals—and huevos play an important part.

The American Egg Board (AEB) is committed to providing the Hispanic community and families with the latest and best information to make strong nutritional decisions and to making sure that the incredible contributions of Hispanic culture to American cuisine are reflected, shared and celebrated in eggciting egg dishes!

Visit IncredibleEgg.org for more information and inspiration. We hope you'll join the conversation!

ABOUT THE AMERICAN EGG BOARD (AEB)
Through the American Egg Board (AEB), U.S. egg producers come together, in accordance with statutory authority, to establish, finance and execute coordinated programs, on research, education and promotion — all geared to drive demand for eggs and egg products. AEB and all program activities are funded by U.S. egg producers, subject to USDA approval.

¡BUEN PROVECHO!
Eggs contain nutrients that are important for health

**EYE (OJO)**
Lutein and zeaxanthin are antioxidants found in egg yolks that can promote eye health as you age.¹

**MUSCLE (MÚSCULO)**
Eating 20-30 grams of protein, from foods like eggs, promotes muscle recovery following exercise.²
Adequate protein intake also helps prevent muscle loss during aging.

**STOMACH (ESTÓMAGO)**
Eating eggs at breakfast can keep one energized until lunch without the annoying hunger pangs.
Researchers suspect that the protein in eggs keeps people feeling satisfied.³

**BRAIN (CEREBRO)**
One large egg is an excellent source of choline - an essential nutrient critical for fetal brain development and brain function.
Eating eggs may also be associated with improved cognitive performance in adults.⁵

**HEART (CORAZÓN)**
Research suggests eggs can be part of a heart-healthy diet.
A recent review showed eating eggs may reduce the risk of stroke by 12 percent.⁶

**BLOOD (SANGRE)**
Research studies have shown dietary cholesterol (say, from eggs) does not negatively impact blood cholesterol.
In fact, eating eggs may increase HDL “good” cholesterol.⁷

**BONE (HUESO)**
Eggs are one of the only foods that naturally contain vitamin D, a nutrient critical for bone health.⁴

**Sources**

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