

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Baked Eggs in Bacon Rings

From [www.paleoplan.com](http://www.paleoplan.com)

These make a great protein-filled breakfast. This recipe will be enough for two people. If you are going to be making more than 4 strips of bacon, you can bake them in the oven (see note below).

4 strips nitrate-free bacon  
Melted bacon fat for brushing tins  
4 eggs  
1 small to medium tomato, cut into 4 (1/2 inch) slices  
1/3 cup onion, chopped (optional)  
3-4 white button mushrooms, chopped (optional)  
Salt and freshly ground pepper to taste.

1. Preheat the oven to 325°.
2. Cook bacon in a skillet over medium high heat until it begins to shrivel (about 3 minutes).  
Remove bacon from the pan and set aside.
3. Drain all but a small amount of bacon fat in the bottom of the skillet.
4. Brush 4 cups in a muffin tin or 4 small ramekins with bacon fat that was drained from the pan.
5. Add chopped onions and mushrooms to hot pan with remaining bacon drippings in the skillet and cook over medium heat until softened.
6. Meanwhile, place a tomato slice in the bottom of each cup. Circle the inside of each cup with 1 strip of bacon.
7. Break an egg into each muffin cup and season with salt and pepper.
8. Add sautéed mushrooms and onions over the egg.
9. Fill any unused tins with water to protect from burning.
10. Bake in the oven for 20-25 minutes. To serve, loosen the edges of the eggs with spatula and transfer the eggs to plates.

*Alternate method:* You can bake the bacon as well. Line a baking sheet with foil, and place bacon on the pan without over lapping. Bake in a 400° oven for 13-15 minutes. Make sure the bacon does not get too crisp to line the tins. Also, you can cook the bacon, dice it up, and then toss it and the onions and mushrooms all together and sprinkle on top of the cups (as in step 8 above) before you bake them.