



## BAKED EGGS WITH PARSLEY PESTO

Eggs represent potential life, containing within themselves all the nutrients needed to get that life started. They represent new beginnings, starting points, and the kind of energy we may associate with inspiration or determination. This is the same kind of energy we need when we establish our goals and intentions for the day and set out to germinate them. Whether for a slow, leisurely morning feast or a quick breakfast before work or school, eggs are a great way to start the day.

These eggs are excellent served with greens, roasted roots, polenta, or toast for a breakfast or brunch. They're great with parsley pesto, but you can use any kind of pesto you like. If you don't have pesto on hand or don't have time to make it, some chopped herbs and garlic in the bottom of the ramekin will be a perfectly delicious substitute.

♦ YIELD: 4 SERVINGS ♦

- 1/3 cup pine nuts
- 2 cups packed fresh flat-leaf parsley
- 3 garlic cloves
- 1/2 cup olive oil
- 1/4 teaspoon salt
- Freshly ground black pepper
- 4 tablespoons grated Parmesan cheese
- 8 eggs

1. Preheat the oven to 425°F (220°C). Butter eight small ramekins or four larger ramekins (you can use muffin pans if needed).

2. Toast the pine nuts in a skillet over medium heat, stirring often, until golden brown, 3 to 6 minutes. Let cool.

3. Combine the toasted pine nuts with the parsley, garlic, oil, salt, and a generous grind of pepper in a food processor. Process until smooth.

4. If you're using small ramekins, put 1 teaspoon of the parsley pesto in the bottom of each ramekin and crack one egg into each. If you're using the larger ones, put 2 teaspoons of the parsley pesto in the bottom of each ramekin and crack two eggs into each. Layer on another 1 to 2 teaspoons of the pesto and top with 1/2 to 1 tablespoon of the Parmesan per ramekin.

5. Place the ramekins on a baking sheet and carefully transfer to the oven. If you're using the smaller ramekins, bake for 7 to 8 minutes for an egg with a runny yolk and 10 to 12 minutes for a firm yolk. Cooking two eggs in each ramekin takes longer, 10 to 12 minutes for a runny yolk and 14 to 16 minutes for a firm yolk. Let sit for 1 to 3 minutes before serving.

