Baked Eggs Skillet with Avocado and Spicy Tomatoes

(Makes 2 generous servings; recipe created by Kalyn when she had avocados in the fridge that needed to be used.)

Ingredients:
1 can (10 oz.) Ro-Tel tomatoes (I used Original Ro-Tel, which was plenty spicy for me!)
1 ripe avocado, sliced lengthwise into 10 slices
Vege-Sal and fresh-ground black pepper, to taste
4 eggs

Instructions:
Preheat oven to 400F/200C. Break eggs into individual ramekins and let the eggs come to room temperature while you proceed with the recipe. (This might seem a bit fussy, but if you start with cold eggs the yolks will get too done by the time the whites are cooked.)

Spray a medium-sized ovenproof frying pan with non-stick spray or brush with oil, add the tomatoes, and start to simmer over medium heat. (I used a 10.25 inch Cast Iron Skillet, and I highly recommend using cast iron for this if you have it.)

While the tomatoes simmer, peel the avocado, cut in half, and then cut each half into 5 thin slices. When all the liquid has evaporated from the tomatoes (about 4-5 minutes), turn the heat to low and arrange the avocado slices like spokes of a wheel in the pan. Gently put each egg between two avocado slices, spacing them evenly apart. Season to taste with Vege-Sal and fresh-ground black pepper.

Put the skillet into the pre-heated oven and bake until whites are completely set and the yolks are done to your liking, about 10-12 minutes for runny yolks. Serve hot, with low-carb tortillas or 100% whole wheat toast if desired. This is good with Green Tabasco Sauce.