

Farm Market Recipe



3-Ingredient Bell Pepper & Cheese Egg Cups

Ingredients:

- 4 medium bell peppers, any color
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 8 large eggs
- ¼ cup Mexican-blend shredded cheese
- Chopped fresh cilantro for garnish (optional)

Directions:

1. Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.
2. Cut bell peppers in half through the stem end. Remove ribs and seeds. Place the peppers in the pan cut-side up and sprinkle with ⅛ teaspoon each salt and pepper.
3. Bake the peppers for 15 minutes. Remove the baking sheet from the oven and crack 1 egg into each pepper cup. Season with the remaining ¼ teaspoon each salt and pepper, then top each with ½ tablespoon cheese.
4. Bake until the egg whites are set, 15 to 20 minutes. Sprinkle with cilantro, if desired.

Nutrition Facts:

Servings: 4 Serving Size: 2 bell pepper cups

Per Serving: calories 205; carbohydrates 8g; dietary fiber 2g; total sugars 5g; protein 15g; total fat 12g; saturated fat 4g; cholesterol 379mg; vitamin A 4313IU; sodium 316mg; potassium 397mg

Recipe from Eatingwell