

STUFFED BREAKFAST PEPPERS

SERVES
2

PREP TIME: 15 MINUTES COOK TIME: 30 MINUTES
TOTAL TIME: 45 MINUTES

INSTRUCTIONS

- Preheat oven to 375 degrees F.
- Dice up vegetables.
- In a medium sized bowl, mix eggs, salt, pepper, cayenne pepper, and vegetables.
- *Cut bell peppers into equal halves.
- Core the peppers so that they're clean enough to add the filling.
- Pour a quarter of the egg / vegetable mix into each pepper half, adding more vegetables to the top to fill in any empty space.
- Place on baking sheet and cook approximately 35 minutes or until eggs are cooked to your liking.
- Serve and enjoy!

+ 2 bell peppers, any color
+ 4 eggs
+ 1 cup white mushrooms
+ 1 cup broccoli
+ ¼ tsp cayenne pepper
+ Salt and pepper, to taste

***Tip:** Try to buy peppers that are symmetrical and have somewhat flat sides – this makes it easier for them to balance while baking.

NUTRITION FACTS

Calories: 186 | Total fat: 9g | Carbohydrates: 13g | Fiber: 4g | Protein: 14.5g

For more information, contact: **Kali Aloia MPH, RD, LDN**
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