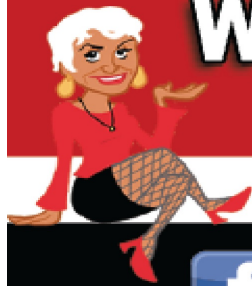


WEIGHT ★ NO ★ MORESM DIET CENTER



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EGGS PIPÉRADE

Advanced Lifestyle

Ingredients

- 1 TSP olive oil
- 3/4 cup chopped red bell pepper
- 3/4 cup chopped green bell pepper
- 1 garlic clove, minced
- ½ TSP dried thyme
- 1/4 TSP Morton's Salt
- 1/4 to ½ TSP ground red pepper
- 1 (14.5 oz.) can diced tomatoes, undrained
- 4 large eggs, lightly beaten
- 1 TBS chopped fresh parsley (optional)

Instructions:

1. Heat oil in a large nonstick skillet over medium-high heat. Add bell peppers and garlic. Saute 5 minutes. Add thyme, salt, ground red pepper and tomatoes. Cover, reduce heat to medium, and cook 7 minutes or until bell peppers are tender.
2. Uncover, and cook 1 minute or until liquid almost evaporates.
3. Gently stir in eggs. Cover, and cook 3 minutes or until set. Garnish with parsley, if desired. Cut into wedges.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1/4 wedge = ½ P, 1 V