



3-INGREDIENT BELL PEPPER & CHEESE EGG CUPS

Basic Lifestyle

INGREDIENTS

4 medium bell peppers, any color
¼ TSP salt, divided
¼ TSP ground pepper, divided
8 large eggs
¼ cup Mexican-blend shredded cheese

INSTRUCTIONS

- Preheat oven to 400°F. Coat a baking pan with cooking spray.
- 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 1/8 TSP each salt and pepper.
- Bake the peppers for 15 minutes. Remove the pan from the oven and crack 1 egg into each pepper cup. Season with the remaining 1/4 TSP each salt and pepper, then top each with 1/2 TBS cheese.
- Bake until the egg whites are set, 15 to 20 minutes. Sprinkle with cilantro, if desired.

SERVING INFO: (Serves 4)

2 "cups" = 1 P, 1 V