



BELL PEPPER EGG BOATS

By Dr. Cindy Tanzar
(Standard and Maintenance options)

Looking for another fun and tasty breakfast recipe that is easy to make and provides several servings for your week? This recipe is a great way to get your vegetables in at breakfast. *For those of you in maintenance, there are two peppers here with a sprinkle of cheese on the top.*

There are 4 servings in this recipe and one-half pepper covers your cooked vegetable for one meal. You also will have 6 grams of protein in this recipe, so be sure to eat another 2 oz of protein on the side (14 grams). If eating uncured turkey bacon/sausage, you can have two pieces.



INGREDIENTS

- 2 large Bell Peppers (your choice of color), cut in half/stem on, remove seeds and trim any membrane in the pepper
- 3/4 cup chopped mushrooms (or veggie of your choice)
- 3/4 cup chopped fresh spinach, well packed (or veggie of your choice)
- 1 Tbsp of salsa (optional)
- 4 pastured eggs
- Pink Himalayan salt & pepper, to taste



INSTRUCTIONS

Preheat oven to 400°F. Line a baking sheet with parchment paper or foil and place peppers cut side up on pan. Roast for 15 minutes.

Remove from oven and carefully dab at any liquid in the peppers with a paper towel to remove it.

Fill the peppers with an equally divided amount of veggies, pressing them down lightly to make room for the egg. You may want to create a small impression in the middle for the egg. Crack the egg into the pepper boat.

Return to the oven and bake 10-15 minutes or until the egg white is done. You may not think the egg is done, because it can look a bit “watery” when the veggies release their liquid, but it will be cooked. I just dab at the liquid to remove it before eating. You don’t want to overcook.