Bell Pepper Egg-in-a-Hole

Source: Natasha's Kitchen

Ingredients:

1 red bell pepper
4-5 eggs
1 tablespoon olive oil
Pinch of salt and pepper
1/4 cup parmesan cheese (optional)

Directions:

- 1. Cut peppers into 1/2 inch rings and remove the seeds and centers.
- 2. In a large non-stick skillet, heat 1 tablespoon olive oil over medium-high heat.
- 3. Place sliced peppers into the pan and let them sauté for 1 minute.
- 4. Crack 1 egg into the center of each bell pepper slice. Pouring the egg in slowly; it helps prevent the egg from leaking and forms a nice seal. Gently break yolk with a fork if desired.
- 5. Sprinkle salt and pepper over each egg. Sauté for 3 minutes then flip carefully.
- 6. Sprinkle top with parmesan cheese, if desired.

	89g)		
Servings Per (Containe	er 4	
Amount Per Servi	ng		
Calories 110	Calc	ories fron	n Fat 70
		% Da	aily Value
Total Fat 8g			12%
Saturated Fat 2g			10%
Trans Fat 0	g		
Cholesterol 165mg			55%
Sodium 65mg			3%
Total Carbohy	vdrate 3	 Ba	1%
Dietary Fiber 1g			4%
Sugars 2g			
Protein 6g			
Frotein og			
Vitamin A 30%	\	√itamin C	90%
Calcium 2%	•	ron 6%	
*Percent Daily Valu diet. Your daily valu depending on your	es may be	higher or l	
Total Fat L Saturated Fat L Cholesterol L	ess than ess than ess than ess than		80g 25g 300mg 2,400mg 375g 30g

For more information, please contact:

Benteh Nuutah Valley Native Primary Care Center Wellness Center (907) 631-7630 southcentralfoundation.com





