

BELL PEPPER CHEESY EGG CUPS

An easy meal prep recipe you can reheat throughout the week!

INGREDIENTS

- 4 medium bell peppers, any color
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 8 large eggs
- ¼ cup Mexican-blend shredded cheese
- Parsley or cilantro (optional topping)

DIRECTIONS

STEP 1

Preheat oven to 400°F. Coat a baking pan with cooking spray.

STEP 2

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 teaspoon each salt and pepper.

STEP 3

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 teaspoon each salt and pepper, then top each with 1/2 tablespoon cheese.

STEP 4

Bake until the egg whites are set, 10 to 15 minutes. Sprinkle with cilantro, if desired.

NUTRITION FACTS

Serving Size: 2 bell peppers

Per Serving: 205 calories; fat 12g; cholesterol 379mg; sodium 316mg; carbohydrates 8g; dietary fiber 2g; protein 15g; sugars 5g; niacin equivalents 1mg; saturated fat 4g; vitamin a 4313IU; potassium 397mg.



Wisconsin Athletic Club

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