

Bell Pepper Egg-In-A-Hole

submitted by filmgal

Per serving: 147 Calories • 2.4g Carbs (0.6g Fiber) • 10.7g Fat • 9.9g Protein

Ingredients

Ingredients scaled to: 4 egg

1 medium (approx 2-3/4" long, 2-1/2 dia.) **Red bell pepper** (119 grams)

4 extra large **Egg** (224 grams)

1 dash **Salt** (0.40 grams)

1 dash **Pepper** (0.10 grams)

1/4 cup, grated **Parmesan cheese** (25 grams)

1 tbsp **Olive oil** (13.5 grams)

Directions

Directions are based on the original recipe of 4 egg

1. Heat olive oil in a large, non-stick skillet over medium-high heat.
2. Cut peppers into rings, removing the seeds and centers. Place sliced peppers into the pan and let them saute for a minute.
3. Crack one egg into the center of each bell pepper slice. Pour slowly to prevent the egg from leaking out.
4. Sprinkle salt and pepper over each egg. Saute for 3 minutes, then flip it over carefully.
5. Top with parmesan cheese and continue to cook until eggs are done as desired.