

Requiring just three main ingredients—bell peppers, eggs and shredded cheese—these portable baked eggs are simple to assemble and perfect for meal prep. Store them in the fridge for up to 4 days to reheat on demand.

### **INGREDIENTS:**

- 4 medium bell peppers, any color
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 8 large eggs
- 1/4 cup Mexican-blend shredded cheese
- Chopped fresh cilantro for garnish (optional)



### **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 teaspoon 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 teaspoon each salt and pepper, then top each with 1/2 tablespoon cheese. Bake until the egg whites are set, 15 to 20 minutes. Sprinkle with cilantro, if desired.

## **Nutrition Facts**

### **Serving Size:**

2 bell pepper cups

### **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 iu 4313IU; potassium 397mg.

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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Recipe source <https://www.eatingwell.com/recipe/7894349/3-ingredient-bell-pepper-and-cheese-egg-cups/>