

# Bell Pepper Eggs In a Hole

1 Serving: 1 Lean | 1 Green | 2 Condiments

22g Protein | 6g Carbs | 16g Fat

## Ingredients

1 medium bell pepper (any color)

Cooking spray

3 eggs

⅛ tsp salt

⅛ tsp pepper

## Instructions

Cut three, one inch rings from pepper, and remove the center and seeds. Heat a skillet over medium-high heat, and lightly coat with cooking spray. Cook pepper rings for one minute, then flip. Continue to cook for another minute.

Slowly pour contents of one egg into a pepper circle. Repeat with remaining eggs and pepper circles. Sprinkle salt and pepper on top, cover, and cook for 3-5 minutes, until eggs are fully cooked and set. Serve immediately.

Tip: To make this a complete Lean & Green Meal, serve with one cup of sautéed veggies, such as the remaining bell pepper, zucchini, and/or asparagus.