**Breakfast Stuffed Bell Peppers**

by Emily Rutherford
Length: Prep time: 10-20 minutes Cook time: 60 minutes

A spin on the classic stuffed bell peppers! Thanks to the veggies and eggs, these are loaded with fiber and protein, that winning filling and satisfying combo. You can also fill these with your favorite herbs for extra flavor and nutrients. They do take a while to cook, so they’re perfect to make on a meal prep day to grab and go on busy mornings or a special occasion brunch.

Ingredients:

1 ½ large bell peppers
¾ cup (about ¼ per ½ a bell pepper) of your favorite veggies, beans, breakfast protein, herbs, etc. Using leftover veggies is a nice short cut. For this recipe I used: ¼ cup mushrooms, parmesan, and green onions ¼ cup zucchini, ham, and green onions ¼ cup black beans, cherry tomatoes, and cilantro
3 ½ eggs (about 1 egg per ½ bell pepper depending on size)
Large pinch of salt and pepper

Equipment:

Knife
Cutting board
Measuring cups
Mixing bowl
Fork
Baking dish
Oven

Steps:

1. Preheat oven to 375. Slice your bell peppers in half height wise and do your best to keep the stem attached.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/breakfast-stuffed-bell-peppers/vid/step1.mp4)

2. Remove the seeds and the white spongy core pieces.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/breakfast-stuffed-bell-peppers/vid/step2.mp4)

3. Place bell pepper halves in a baking dish and fill with ¼ cup of your favorite veggies, lean breakfast protein, and a small amount of cheese.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/breakfast-stuffed-bell-peppers/vid/step3.mp4)

4. Add chopped fresh herbs or diced green onion for extra flavor.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/breakfast-stuffed-bell-peppers/vid/step4.mp4)

5. Crack eggs into a mixing bowl and add salt and pepper. Scramble until well mixed.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/breakfast-stuffed-bell-peppers/vid/step5.mp4)

6. Carefully pour the scrambled eggs into the bell peppers.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/breakfast-stuffed-bell-peppers/vid/step6.mp4)

7. Once full, place the bell peppers in the oven for about 60 minutes. Check occasionally and cook until completely solid and cooked through.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/breakfast-stuffed-bell-peppers/vid/step7.mp4)

8. Remove from oven and serve immediately. Or these can be refrigerated for several days and grabbed for an easy breakfast.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/breakfast-stuffed-bell-peppers/vid/step8.mp4)