BREAKFAST STUFFED PEPPERS

Servings:
Eight

Ingredients:

4 bell peppers (any color), sliced in half, core and seeds removed  
8 eggs, beaten  
1 cup mushrooms, sliced  
1 onion, diced  
2 cups baby spinach  
1 tomato, diced  
½ tsp. garlic powder  
½ tsp. salt  
½ tsp. pepper  
1 cup shredded cheese  
Cooking spray

Preparation

Preheat oven to 375 F.

Spray skillet with cooking spray, heat to medium-high. Then sauté onion until soft, 4-5 minutes, add mushrooms and tomatoes and cook 2-3 minutes. Add the spinach and cook until wilted, about 1-2 minutes. Add salt, pepper, and garlic powder.

Mix sautéed vegetables in a bowl with beaten eggs. Place bell pepper halves onto a sprayed baking sheet (or line baking sheet with non-stick foil). Pour egg and vegetable mixture evenly into each bell pepper half.

Bake for 40 minutes. Then sprinkle 1/8 cup of cheese on top of each pepper and bake for an additional 2-3 minutes, or until cheese is melted.

TIP: Make a day or two before. Refrigerate, then in the morning, microwave 1-2 minutes just the number of peppers needed for breakfast. Serve with a slice of toast or piece of fruit for a balanced breakfast.