

RECIPE OF THE WEEK

Eggs Baked in Bell Pepper

Ingredients

- 1 egg
- 2 egg whites
1/4 cup white onion –
chopped

1 cup fresh spinach –
chopped
1 medium bell pepper
1-2 tbsp. Salsa of choice



Preparation

1. Take 1/2 tsp olive oil in a pan and sauté the onion and spinach
2. Season with salsa once sauteed
3. Add mixture evenly into pepper halves
4. Add 2 tbsp egg whites
5. Bake in an oven at 375°F for about 30 min or until eggs are set
6. Serve and enjoy!

