

BREAKFAST STUFFED POBLANO PEPPERS



SERVING SIZE

1



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Poblano Pepper, Stemmed, Slit Down One Side, and Seeds Removed	1	Baby Bella Mushroom, Chopped	1
Olive Oil	1 Tsp.	Green Onion, Finely Chopped	1
Large Eggs	2	Chopped Fresh Cilantro	1½ Tsp.
Phase-Approved Milk (optional)	1 Tsp.	Salt and Ground Black Pepper	To Taste
Small Tomato, Diced	1		



PREPARATION

- Preheat oven to 375°F (190°C). Rub the poblano pepper with olive oil and place on a baking sheet.
- Roast the pepper for 8-10 minutes until slightly softened but still firm enough to hold shape. Remove and let cool slightly.
- In a bowl, whisk together eggs, milk (if using), tomato, mushroom, green onion, cilantro, salt, and pepper.
- Gently open the slit in the poblano and pour the egg mixture inside.
- Sprinkle with a pinch of salt and drizzle with additional soy sauce and lime juice, if desired.
- Place back in the oven and bake for 15-18 minutes, or until eggs are set and lightly golden.
- Garnish with extra cilantro or green onion if desired, and enjoy!