

Egg Stuffed Peppers



EGG STUFFED PEPPERS

ingredients

2 large bell peppers, halved
4 eggs
1 medium onion, chopped
1 14-oz can of diced tomatoes
1 1/2 cup cooked brown rice
1/2 cup celery, chopped
1/2 cup shredded cheese
2 cloves garlic, minced (or 1 tsp garlic powder)
1 tablespoon olive oil

OPTIONAL:
Pinch of red pepper flakes
Fresh herbs for topping
Parmesan cheese for topping

directions

Preheat the oven to 400 degrees. Line a 9x9 pan with foil or parchment paper. Cut peppers from top to bottom, removing seeds, core, and white inner flesh. Arrange peppers in the pan.

Heat a large skillet over medium, add celery and onion and cook until tender. Stir in spice and cook for 1 minute. Add canned tomatoes and bring to a simmer. Take off the heat and combine it with the rice.

Scoop the rice mixture evenly into the pepper halves. Crack 1 egg into each pepper. Cover with foil and bake for 30-40 minutes or until the peppers are tender. Top with shredded cheese and bake uncovered 10 minutes. Allow to cool slightly before serving

notes

You can use other grains like quinoa, in place of rice