



BELL PEPPER & CHEESE EGG CUPS

October 16

World Food Day



INGREDIENTS

- 6 Large Green Bell Peppers (2 pounds)
- ½ Teaspoon Salt (divided)
- ½ Teaspoon Ground Pepper (divided)
- 12 Large Eggs
- 6 Tablespoons Shredded Cheese
- Chopped Fresh Cilantro (optional)

DIRECTIONS

1. Preheat oven to 400°. Coat a large rimmed baking sheet with cooking spray.
2. Cut bell peppers in half through the stem end. Remove ribs and seeds. Place the peppers in the pan cut-side up and sprinkle with ¼ teaspoon each salt and pepper.
3. Bake the peppers for 15 minutes. Remove the baking sheet from the oven and crack 1 egg into each pepper cup. Season with the remaining ¼ teaspoon each salt and pepper, then top each with ½ tablespoon cheese.
4. Bake until the egg whites are set, 15 to 20 minutes. Sprinkle with cilantro, if desired.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

12 Egg Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Egg Cup	1½ Egg Cups	1½ Egg Cups	1½ Egg Cups