

## Bell Pepper Shaped Eggs

The bell pepper makes a delicious edible to serve eggs for breakfast. This is a perfect and easy way to serve breakfast no matter how you like your eggs, and is delicious served alongside whole wheat toast.



### Need

1 bell pepper, cored

Cooking oil or nonstick spray, for preparing the pan

6 eggs

Salt and pepper, to taste

- Cut the bell pepper from top to bottom in slices that resemble rings.
- Prepare a skillet with a light layer of oil or nonstick cooking spray.
- Place 6 of the bell pepper rings on the skillet over medium heat.
- Crack an egg in each ring and allow it to spread out to fill the bell pepper ring.



- Season the eggs with salt and pepper, to taste.
- For softer eggs, cook over low heat for 3-5 minutes, or until the eggs are cooked to preference.
- For harder eggs, break up the yolk with the skillet for even cooking. Cook 6-9 minutes, or until the eggs are cooked to preference.

Serve bell pepper egg rings and enjoy!

Or find other fun ways to serve!!

