



Egg-Stuffed Breakfast Peppers

INGREDIENTS

4 large yellow, red and/or green bell peppers, halved lengthwise and seeded
1 cup frozen fully cooked turkey sausage crumbles
1 cup frozen southwest chipotle sweet corn blend
2 tbsp Hy-Vee canned diced mild green chilies
1 tbsp Hy-Vee Mexican style fajita seasoning mix
8 Hy-Vee medium eggs
Crumbled queso fresco cheese, for garnish
Chopped fresh cilantro, for garnish
Hot sauce, for serving

PREPARATION

- 1** Preheat oven to 425°. Spray a large rimmed baking pan with nonstick spray. Place peppers, cut sides down, in prepared pan. Lightly spray peppers with nonstick spray. Bake for 6 to 8 minutes or until softened.
- 2** Meanwhile, cook sausage crumbles, corn blend, chilies, and fajita seasoning in a medium nonstick skillet over medium-high heat for 3 to 4 minutes or until heated through, stirring frequently.
- 3** Turn peppers, cut sides up, in baking pan. Spoon sausage mixture into each pepper half. Using back of spoon, make a large indentation in sausage mixture. Crack 1 egg into each indentation. Bake for 15 to 20 minutes or until egg whites are set.
- 4** To serve, garnish with queso fresco and cilantro; serve with hot sauce, if desired.

NUTRITION FACTS

Calories: 129
Total Fat: 6g
Saturated Fat: 1g
Trans Fat: 0g
Cholesterol: 175mg

Sodium: 234mg
Carbohydrates: 8g
Fiber: 2g
Sugar: 3g
Protein: 10g