

Breakfast Peppers

Ingredients

2 extra-large sweet peppers (any color)
2/3 cup cooked brown rice -
 simmer 1/3 cup dry rice with 1/3 cup water for 30-45 minutes until rice is tender
1/2 canned (or cooked from dry) black beans -
 Use low sodium canned beans if possible
1 cup shredded cheddar cheese
1/2 cup (or one small) chopped tomato
1/2 tsp. chipotle seasoning (optional) -
 Or any seasoning, ie onion and garlic powder
1/4 tsp salt
1/2 cup water
4 eggs
Chopped cilantro, to taste



UVMHealth.org/MedCenter

Adapted from Eating Well Magazine

Instructions

Preheat oven to to 350 degrees F. Cut the peppers in half lengthwise. Remove seeds
For filling, in a bowl combine cooked rice, beans, tomato, half the cheese, the seasonings and salt
Divide the filling among the four pepper halves
Using the back of a tablespoon, make an indentation in the filling, to put the eggs in later
Place in a small baking dish
Pour the water into the dish around the peppers
Bake, covered, for 30 minutes.
Remove from oven, and break an egg into each of the four indentations in the fillings
Bake 15 minutes more, or to desired doneness
Sprinkle with the rest of the cheese, and the cilantro.

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