Breakfast Stuffed Bell Peppers

- 3 bell peppers of any color
- 3 eggs
- 1 tsp. bread crumbs
- 1/4 tsp. EVOO
- 1 tbsp. cheese of your choice (I used Gorgonzola.)
- 1/4 cup mushrooms
- Dash of ground black pepper
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1. Wash hands with warm soapy water for 20 seconds. Make sure to wash around your wrists, in between your fingers, and around your finger nails.
2. Preheat oven to 350 degrees Fahrenheit.
3. Wash bell peppers, as you would any fresh produce.
4. Slice the top, stem part of the bell pepper off.
5. In an oven safe dish, pour 1/4 tsp. of EVOO.
   a. Using a pastry brush, paint the EVOOO over the oven safe dish.
6. Place bell peppers upright, in oven safe dish & cook in oven for 5 minutes.
   a. This helps ensure that they cook, and are not very crunchy when eating.
7. After 5 minutes, remove the bell peppers from the oven.
8. Place 1 tsp. breadcrumbs at the bottom of each bell pepper.
   a. If you have potatoes, I recommend using potatoes to line the bottom of the peppers.
9. Crack 1 egg in each of the 3 bell peppers.
10. Place 1/4 cup of mushrooms in each of the bell peppers.
11. Place 1 tbsp. of cheese in each of the bell peppers.
12. Top off each bell pepper with a dash of black pepper.
13. Place in oven and cook for 20 minutes.
14. Remove from item and serve with your favorite toast.

ENJOY!!! :)

B r e a k f a s t  S t u f f e d  B e l l  P e p p e r s