



Northeast Georgia Medical Center  
BARIATRIC WEIGHT LOSS CENTER



## Tricolor Bell Peppers and Eggs

Serving size: 2 eggs

Servings: 2

### Ingredients:

- ¼ Red bell pepper or yellow bell pepper, thinly sliced
- ¼ Green bell pepper, thinly sliced
- 4 slices fresh tomato
- ¼ small white onion, thinly sliced
- 1/8 tsp paprika
- ¼ tsp ground oregano
- Salt
- 4 whole eggs
- 4 Tbsp reduced fat shredded cheese
- 2 Tbsp cilantro, finely minced

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### Steps:

1. Heat a medium size skillet a tad below medium heat.
2. Drizzle a small amount of olive oil in the bottom of the pan. Sautee green bell peppers for 2 minutes, then add red or yellow bell peppers and cook for another 2 minutes. Add onions and cook for 2 more minutes.
3. Add sliced tomatoes on top. Season with salt to taste, ground oregano and paprika, toss and let cook for another 1 minute.
4. Spread peppers, onions and tomatoes evenly around the skillet, then crack 4 eggs on top, cover with a lid and let it sit until egg yolks are cooked to desired consistency.
5. Once eggs are cooked, remove from heat, sprinkle cheese and cilantro on top and serve.

### Nutrition Facts (per serving):

Calories: 214, Protein: 17g, Fat: 12g, Saturated Fat: 5g, Carbohydrates: 7g, Sugars: 3g, Sodium: ~312mg

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