

Sweet Pepper Hash Brown Baked Eggs

4 Servings

Ingredients:

- 1 (12 ounce) package hash brown potatoes
- 1 teaspoon seasoning (seasoned salt, Mrs. Dash, Italian)
- 1 large bell pepper
- 1/2 cup pizza sauce
- 4 eggs
- ¼ cup finely shredded Parmesan cheese (1 ounce)
- Freshly-ground black pepper to taste

Directions:

1. Preheat oven to 375°F. Coat an 8 X 8" baking dish with cooking spray.
2. Evenly spread potatoes in prepared baking dish, bake for 10 minutes.
3. Stir and bake for 10 more minutes.
4. Meanwhile, slice bell pepper into 4 rings.
5. Reduce oven temperature to 350°F.
6. Arrange pepper rings on top of the potatoes. Spread 2 tablespoons of the pizza sauce within each pepper ring, then break an egg into each pepper ring.
7. Top each egg with a rounded teaspoon of the shredded cheese. Bake for 15 to 20 minutes more or until egg whites are set and yolks begin to thicken but are not hard.

Amount per serving	
Calories	246
% Daily Value*	
Total Fat 5.4g	7%
Saturated Fat 1.9g	10%
Cholesterol 166mg	55%
Sodium 284mg	12%
Total Carbohydrate 35.1g	13%
Dietary Fiber 3.2g	11%
Total Sugars 4.6g	
Protein 12.3g	