

Breakfast Stuffed Roasted Red Bell Pepper

Recipe courtesy of <http://www.best-low-carb-recipes.com/>

Makes 2 servings

PER SERVING:

190.5 Calories

9.7g Protein

9.1g Carbs

2.35g Fiber

6.75 Net Carbs

12.6g Fat

(59.1% Fat, 21.8% Protein, 19.1% Carbs)

INGREDIENTS

1 large red bell pepper

1 tsp avocado oil

2 extra large eggs

1 oz feta cheese

1/2 tsp Italian seasonings

1 tbsp olive oil packed sundried tomatoes

1 tbsp chopped fresh chives

Salt & pepper to taste

DIRECTIONS

Turn on broiler.

Place the bell pepper cut side down on aluminum foil lined baking sheet. Brush on the avocado oil.

Place the pepper halves under the broiler for 3-5 minutes until they develop black blisters and begin to soften.

Remove from broiler, turn heat down to 350F and allow the pepper halves to cool for 5 minutes.

Beat the eggs with the Italian seasonings and pour evenly into each pepper half. Divide the feta, sundried tomatoes and chives evenly between the two halves.

Bake for 25-30 minutes until the eggs are set and firm to the touch. Add salt and pepper to taste.

Serve with a side of bacon or sugar free sausages and some avocado slices.

Pre-heat oven to 375F.

In a greased 9 x 9 glass dish place the chicken pieces without overlapping.

Combine, cream cheese, heavy whipping cream, butter and minced onions. Use a fork and incorporate the ingredients evenly. It will be a bit stiff.

Spread all over the chicken pieces evenly.

Add the roasted red bell pepper squares evenly.

Top first with the cheddar, then the Parmesan and then hot pepper flakes. If you don't like a spicy dish, just omit the pepper flakes...it's still awesome!!!

Bake, uncovered, for 45 minutes, until bubbly and lightly browned on top.

Let dish sit for 5 minutes before serving. You will have lots of sauce as the chicken juices and cheeses blend. I love to spoon it on my side veggies! And I love to have the re-heated leftovers on crispy Romaine leaves.

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