

RECIPE | PEPPERS

# BAKED EGG STUFFED BELL PEPPERS



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## INGREDIENTS

6 pack Pure Flavor® Sweet Bell Peppers  
12 eggs  
2 cups finely chopped kale  
½ onion, finely chopped  
Olive oil  
Fresh basil for garnish  
Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 350° F.
2. Cut the peppers in half and remove seeds. Rub some olive oil all over the peppers. Put the finely chopped kale and onion in the pepper creating a hollow for the egg.
3. Carefully break the eggs, one at a time, into a small ramekin and slowly pour into each pepper, taking care not to overflow the egg. Repeat until each pepper is filled. Season with salt and pepper.
4. Bake for about 12-15 minutes or until the whites of the eggs are set.
5. Garnish with some freshly chopped basil and serve hot or room temperature.



**TOTAL TIME**  
25 minutes

**PREP TIME**  
10 minutes

**COOK TIME**  
15 minutes

**SERVES**  
6

**COOKING LEVEL**  
Easy