



Bell Pepper Benedict



Entire recipe: 150 calories, 7g total fat (2g sat. fat), 428mg sodium, 7g carbs, 1.5g fiber, 4g sugars, 13g protein

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Prep: 5 minutes **Cook:** 25 minutes



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Ingredients

1/2 large bell pepper (sliced lengthwise), seeds and stem removed
1 large egg
1 slice (about 1 oz.) reduced-sodium ham
1 tbsp. fat-free plain Greek yogurt
1 tsp. Dijon mustard
1 tsp. light butter
1 drop lemon juice

Directions

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

Place pepper half on the baking sheet, cut side up. Bake for 20 minutes, or until tender.

Bring a skillet sprayed with nonstick spray to medium heat. Cook egg over easy, 1-2 minutes (or cook to your preference). If desired, cook ham on the opposite side of the skillet until warm.

Transfer pepper half to a plate, and top with ham and egg.

In a small microwave-safe bowl, combine yogurt, mustard, butter, and lemon juice. Mix until uniform. Microwave until hot, about 15 seconds, and stir. (If you prefer a thinner sauce, add a bit of water.) Spoon over egg.

MAKES 1 SERVING

HG Alternative: Poach your egg, like traditional eggs Benedict!

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