



Bell Pepper Benedict



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

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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



More: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

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!

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.