



Best-Ever Breakfast Foil Packs



1/4th of recipe (1 pack): 250 calories, 8.5g total fat (2g sat. fat), 375mg sodium, 34.5g carbs, 5.5g fiber, 6g sugars, 10.5g protein

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Prep: 10 minutes **Cook:** 40 minutes



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Ingredients

- 20 oz. (about 2 large) russet potatoes, cubed
- 2 cups chopped bell peppers
- 1 cup chopped onion
- 1 tbsp. olive oil
- 4 large eggs

Seasonings:

- 1 tsp. garlic powder
- 1 tsp. smoked paprika
- 1/2 tsp. each salt and black pepper, or more to taste
- Optional topping: chopped chives

Directions

Preheat oven to 425 degrees.

In a large bowl, combine potatoes, bell peppers, and onion. Drizzle with oil, and sprinkle with seasonings. Toss to coat.

Cut aluminum foil into four 8-inch squares. Fold up the sides, place on a baking sheet, and spray with nonstick spray.

Evenly distribute potatoes and veggies among the foil pieces. Bake until slightly browned and tender, about 30 minutes.

Break 1 egg over the contents of each piece of foil. Bake until egg white is cooked through and yolk is cooked to your preference, about 8 minutes.

MAKES 4 SERVINGS

HG Tip: To store leftovers, cover each serving with another small piece of foil and seal the edges. Ready to eat? Reheat the whole thing in a toaster oven -- faster than a full-sized oven!

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