



## 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

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 1\***

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



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

### 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!

[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.