

Eggs in a Shamrock

Ingredients

- 1 tsp (5 mL) canola oil
- 2 green bell peppers
- 6 eggs
- shredded Swiss cheese
- salt and black pepper to taste

Directions

1. Cut bell peppers into 1/2" (10 mm/1 cm) rings. Heat canola oil in an [Executive Nonstick Skillet](#) over medium-high heat for 1–3 minutes. Add in the bell pepper rings and crack an egg into each. Cook 5–7 minutes or until the tops of the eggs are set. Sprinkle with shredded Swiss cheese, salt, and pepper.



Yield:

- 6 servings