

Amber`s Awesome Egg Breakfast Bowl

Ambernic

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Servings: 1

*12 frozen bite-size potato
nuggets
2 eggs
1 tablespoon milk
1/2 teaspoon everything
bagel seasoning
1/4 cup chopped red or
green bell pepper
1/4 cup shredded cheddar
cheese
1/4 cup chopped green
onion
everything bagel seasoning
(for garnish)*

Preparation Time: 10 minutes

Preheat the oven to 450 degrees.

Arrange the potato nuggets on a baking sheet and bake according to package directions.

Meanwhile, in a small bowl, whisk together the eggs, milk and bagel seasoning. Heat a large skillet over medium heat and coat with cooking spray. Add the bell pepper. Cook, stirring occasionally, for 3 minutes. Reduce the heat to medium-low. Pour the egg mixture over the peppers. Cook, stirring occasionally to scramble, until set, 1 to 2 minutes.

Serve the potato nuggets topped with the egg mixture, cheese and green onion.

Garnish with additional everything bagel seasoning.

Per Serving (excluding unknown items): 279 Calories; 20g Fat (64.9% calories from fat); 21g Protein; 4g Carbohydrate; 1g Dietary Fiber; 456mg Cholesterol; 327mg Sodium. Exchanges: Lean Meat; 1/2 Vegetable; 0 Fat Milk; 2 Fat.