

Baked Turkey Bacon & Kale Eggs

Active: 10 mins

Total: 35 mins

Servings: 3

Cost per serving: 1.6\$



Get out your baking molds. With this simple recipe, you can easily meal prep breakfast for the week. Serve them as is or in a sandwich. It's a recipe that both kids and adults will enjoy.

Ingredients

6 large eggs

½ tsp salt

½ tsp ground peper

1/3 cup kale (chopped)

1/3 cup red bell pepper (diced)

¼ cup feta

2 sliced of turkey bacon

Directions

Preheat oven to 350°F. Generously coat a rimmed baking mold with oil of your choice.

Combine eggs, salt, pepper, kale, red bell peppers, feta and turkey bacon.

Bake until just set, 20-25 minutes. Cut into 3 slices.

To make ahead

Wrap individual pieces in plastic wrap or layer between with parchment paper in a sealed container. Refrigerate for up to 3 days or freeze for up to 3 months. To reheat, remove plastic and microwave on a plate on high for 60 seconds.

Equipment

Medium mixing bowl, spatula, baking mold

Serving size: 1 pieces

Nutritional Facts

Per Serving: 218 calories; fat 14g; fibers: 4g
cholesterol:387mg; sodium 548mg; carbohydrates
5g; protein16g; sugars 1g; saturated fat 2g.

