



## Bell Pepper Rings with "Fit Grits," Egg Whites and Pico de Gallo

### Ingredients

- 2 eggs
- 6 egg whites
- 1 cup raw spinach
- 1/4 cup brown rice farina
- 1/2 bell pepper (any color)
- Pico de gallo

### Directions

1. Cook egg whites and farina separately. Mix together and add spinach. Cook until spinach is wilted.
2. Cut bell peppers horizontally to create 2 thick rings.
3. Lightly spray another skillet with coconut oil or olive oil and set on medium heat.
4. Place bell peppers rings in the skillet and crack the eggs inside the bell pepper.
5. Push down on the bell pepper sides to prevent spillage. Let it cook until the egg turns white.
6. Place cooked pepper rings and egg/farina mixture on a plate. Top whatever you'd like with pico de gallo.



### Nutrition Facts

Calories: 468

Fat: 10 g

Carbs: 33 g

Protein: 48 g