

Egg-in-a-Hole with Bell Peppers: The Low-Carb Breakfast Hack You'll Make Weekly

Bell Pepper Egg-in-a-Hole (Clean, Colorful, and Surprisingly Filling)



TIME
2 min

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ChefManiac

INGREDIENTS

1 large bell pepper (any color), cut into 2 thick rings (about ¾inch each)
2 large eggs
1-2 teaspoons olive oil or butter
Salt and black pepper, to taste
Shredded cheese (cheddar, mozzarella, feta, pepper jack)
Chopped scallions, parsley, cilantro, or chives
Red pepper flakes or hot sauce
Everything bagel seasoning
Salsa or pico de gallo
Baby spinach or arugula (to wilt in the pan)

DIRECTIONS

1. Slice the pepper. Cut your bell pepper crosswise into two thick rings. Remove any seeds and inner ribs.
2. Heat the pan. Warm a nonstick skillet over medium heat and add olive oil or butter.
3. Sear the pepper rings. Place pepper rings in the pan and cook for about 1-2 minutes to soften slightly.
4. Add the eggs. Crack one egg into each pepper ring. If any egg white sneaks out, just nudge it back in with a spatula.
5. Season. Sprinkle with salt and pepper (and any seasonings you love).
6. Cover and cook. Cover the skillet and cook 2-4 minutes, depending on how you like your yolk. For runny yolk: closer to 2-3 minutes
7. For jammy/firm yolk: 4+ minutes
8. Optional: add cheese. Sprinkle cheese over the eggs during the last minute so it melts nicely.
9. Serve immediately. Slide onto plates, add herbs/hot sauce/salsa, and eat while warm.

SWAPS & NOTES

Try thick rings of onion (they're a little trickier) or use a large tomato slice and cook gently.

Keep heat at medium-low and cover briefly so the whites set without overcooking the yolk.

Trim a tiny sliver off the bottom edge to create a flatter base.

Use red or orange peppers—they're naturally sweeter.

TIPS FOR SUCCESS

Use a nonstick pan if possible-eggs behave best there.

Covering is the secret to setting the whites without burning the bottom.

Go thicker on the pepper rings so they hold the egg and don't turn floppy too fast.

If the pepper is browning too quickly, drop to medium-low.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/egg-in-a-hole-with-bell-peppers-the-low-carb-breakfast-hack-youll-make-weekly/>