



Breakfast Bake

Serves eight

6 medium Russet potatoes
8 strips bacon + rendered fat
1 large white onion – coarsely chopped
4 garlic cloves – finely chopped
1 large red bell pepper – coarsely chopped
1 TBS chopped parsley
8 eggs
½ tsp. salt
2 tsp. black pepper
1 TBS oil – if necessary

Preheat oven to 350 degrees.

Peel and boil the potatoes in lightly salted water but not until they are completely cooked through. Cool down and cube.

Cook the bacon in a large skillet – preferably oven proof. Remove it when it is crisp and keep the rendered fat. Add the onion to the bacon fat and cook for about 4 minutes – until soft and translucent. Add the garlic and cook for a couple more minutes – stirring often – until fragrant. Add the peppers and parsley and cook for another 4 to 5 minutes – stirring occasionally.

Add the diced potatoes to the skillet and mix – making sure not to destroy the potato. Allow the potatoes to brown a bit – about 5 minutes. Add some extra oil if necessary. Crumble the bacon into the cooked potatoes, add the salt and pepper. Mix carefully and place skillet in the oven. If you do not have an oven proof skillet, transfer the potatoes to a casserole or oven proof dish. Bake the potatoes for about 15 minutes. Remove the pan from the oven and, using the back of a spoon, make 8 indentations on the potatoes. Place an egg in every indentation. Return pan to oven and bake for an extra 10 to 15 minutes until the eggs are cooked like you want them. Remove from oven and serve. Enjoy!

CALORIES 322.69; FAT 17.06 grs (sat 5.20; mono 7.48; poly 2.31); PROTEIN 12.03 grs ; FIBER 3.13 grs; CARBS 30.43 grs; CHOLESTEROL 201.67 mg; IRON 1.78 mg; SODIUM 414.01 mg; CALCIUM 54.12 mg

