

Bacon, Egg, and Veggies

Ingredients:

- 4 strips Extra-Lean Turkey Bacon
- 1 Red Onion
- 2 Bell Peppers
- 1/2 tsp Ground Cumin
- 1/2 tsp Ground Chili Powder
- 1/4 tsp Cayenne or Paprika
- 1/4 tsp Black Pepper
- 4 large Eggs or 1 cup crumbled Tofu



If you are avoiding bacon in your diet, HEB has "bacon" flavored tempeh available. Tempeh is high in protein and low in fat.



Directions:

1. In a skillet, cook bacon until crispy then remove from skillet.
2. Cook onions in skillet and when onions start to become clear, add in bell pepper and seasoning. Cook for 4 more minutes.
3. Create 4 wells in the veggies. Crack an egg into each well.
4. Cook eggs for about 4 minutes or until cooked through. If using tofu, cook for 4 minutes as well; add extra seasoning to tofu. While cooking, stir to mix all ingredients.
5. Remove from heat, add bacon, and serve. Makes 4 servings.

What makes this diabetes friendly?

Using lean meat will limit the amount of unhealthy fat found in meat products that raise our cholesterol. Adding extra veggies to meals we love can help add fiber and antioxidants to our diet.

