

Loaded Bell Pepper Nachos

Prep: 15 minutes

Cook: 15 minutes

Ingredients:

12 sweet mini bell peppers (each about 2 1/2 inches long) **OR** 3 large bell peppers cut into 8 pieces

8 oz. raw extra-lean ground beef (4% fat or less)

1/4 tsp. chili powder

1/4 tsp. ground cumin

1/8 tsp. salt and

1/4 tsp. black pepper

1/4 cup black beans, drained and rinsed

1/4 cup shredded reduced-fat Mexican-blend cheese

2 tbsp. seeded and chopped jalapeño pepper (optional)

1/4 cup salsa

3 tbsp. fat-free sour cream

2 tbsp. chopped scallions



Directions:

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Slice off and discard the stem end of each pepper. Remove and discard seeds. Slice each pepper in half lengthwise, and lay them on the baking sheet, cut sides down.

Bake for 5 minutes. Flip pepper halves. Bake until soft, about 5 more minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with seasonings. Cook and crumble for about 5 minutes, until fully cooked.

Thoroughly blot excess moisture from pepper halves. Arrange them in the center of the sheet. Top with beef, beans, cheese, and jalapeño pepper (optional).

Bake until cheese has melted, about 3 minutes.

Top with salsa, sour cream, and scallions.

MAKES 4 SERVINGS

Nutrition Information: (Per Serving)

1/4th of recipe (6 loaded nachos):

170 Calories

4 g Fat

15 g Carbohydrate

17 g Protein