

Sausage Stuffed Jalapenos

Ingredients:

- 8 ounces precooked turkey sausage
- 1 package (8 ounces) fat free cream cheese, softened
- 1 cup shredded Parmesan cheese
- 20 large jalapeno peppers, halved lengthwise and seeded

Directions:

1. Preheat oven to 425°F
2. In a small bowl, combine the cream cheese and Parmesan cheese; fold in sausage.
3. Spoon about 1 tablespoonful into each jalapeno half.
4. Place in ungreased 13x9-in. baking dish. Bake, uncovered, at until filling is lightly browned and bubbly, 15-20 minutes.

Nutrition Facts

Serving size: 2 pepper halves

Servings: 20

Amount per serving

Calories **49**

% Daily Value*

Total Fat 1.2g **2%**

Saturated Fat 0.9g **4%**

Cholesterol 3mg **1%**

Sodium 200mg **9%**

Total Carbohydrate 2.5g **1%**

Dietary Fiber 0.4g **1%**

Total Sugars 2.2g

Protein 5.8g