

BELL PEPPER NACHOS

Source: foodhero.org, Prep time: 5 minutes,
Cooking time: 15 minutes, Makes: 8 cups

Ingredients:

- 4 bell peppers
- 1 cup salsa
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- 2 teaspoons seasoning (try a mixture-chili powder, garlic powder, ground cumin, pepper)
- 2 cups cooked meat (chopped or shredded), beans, or tofu
- 1 cup reduced fat shredded cheese

Directions:

1. Preheat oven to 350 degrees.
2. Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
3. In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces then top with cheese.
4. Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.
5. Refrigerate leftovers within 2 hours.

Notes:

For added flavor, top with chopped cilantro, green onions or black olives!



Nutrition Facts

Serving Size 1 cup (141g)
Servings Per Container 8

Amount Per Serving

Calories 110 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 350mg **15%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 15g

Vitamin A 10% • Vitamin C 80%

Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4