

Bell Pepper Nachos

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INGREDIENTS:

- 1 pound of lean ground turkey, beef or pork (90% lean or more)
- 1/2 minced onion
- 1 packet low sodium taco seasoning or homemade chorizo seasoning
- Water, according to taco seasoning instructions
- 4 bell peppers, cut into squares or 20-25 mini bell peppers, halved and deseeded
- 1 cup of low fat shredded cheese
- 2 Tbsp of cilantro, chopped
- Favorite salsa (optional) or other favorite toppings or seasonings, such as avocado or guacamole, hot sauce, low fat plain Greek yogurt or chili lime seasoning

DIRECTIONS:

1. Pre-heat oven to 400 degrees F.
2. In a large skillet or pan, cook onions and ground meat on medium heat until brown (drain any excess fat or grease if needed).
3. Add taco seasoning and water and cook according to package directions.
4. Remove taco meat from heat when finished.
5. While taco meat is cooking, cut and prep bell peppers and place on a lined baking sheet (line with aluminum foil or parchment paper).
6. Place bell peppers in oven for about 5-8 minutes until they start to steam but are still crisp.
7. Remove peppers from oven and top with $\frac{1}{2}$ the shredded cheese, then top with taco meat and finish with the second $\frac{1}{2}$ of the shredded cheese.
8. Place baking pan back in the oven for about 8-12 minutes until cheese melts.
9. Garnish nachos with chopped cilantro and serve with desired toppings.

NUTRITION FACTS:

Servings per recipe: 16; Amount per serving: Calories: 37.6; Total Fat: 1.1g; Total Carbohydrates: 3.5g; Dietary Fiber: .7g; Protein: 3.4g *Nutritional information does not include toppings.



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