RECIPE

Bell Pepper Nachos

This healthy dish uses bell pepper instead of traditional tortilla chips. For added flavor, top with chopped cilantro, green onions or black olives!

Makes: 8 servings

Source: foodhero.org recipe/bell pepper nachos

Small Changes, BIG Difference!

Ingredients

- 4 bell peppers
- 1 cup salsa
- 2 teaspoons seasoning (try a mixture-chili powder, garlic powder, ground cumin, pepper)
- 2 cups cooked meat (chopped or shredded), beans or tofu
- ½ cup shredded cheese

Directions

1. Preheat oven to 350 degrees F.
2. Wash bell peppers, remove seeds and cut into bite-size 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.
4. Spoon the mixture evenly over pepper pieces then top with cheese.
5. Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.
6. Refrigerate leftovers within 2 hours.

Nutrition Information

Serving Size: 1/8 of recipe (1 Cup)

Nutrients	Amount
Calories:	280
Total Fat:	7 g
Saturated Fat:	2 g
Cholesterol:	55 mg
Sodium:	230 mg
Total Carbohydrates:	32 g
Dietary Fiber:	4 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	22g

Utensils Needed

- Knife
- Cutting Board
- Bowl
- Spoon
- Measuring Utensils
- Baking Sheet
- Foil

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