

Skinny Bell Pepper Nacho Bites



35 min.



9 servings



PER SERVING
132 CAL
FAT: 6.8g
CARB: 6g
PROTEIN: 11g

INGREDIENTS

- 3 Bell Peppers
- 1 lb Lean Ground Turkey
- 1 tsp Chili Powder
- 1 tsp Cumin
- ½ tsp Pepper
- ¼ tsp Salt
- ¼ cup Salsa, no sugar added
- 1 cup grated Vegan Cheese

DIRECTIONS

1. Remove seeds, core, and membrane from bell peppers then slice each one into 6 vertical pieces. Set sliced bell peppers aside.
2. Cook ground turkey over medium-high heat, breaking up as it cooks. Cook until the turkey loses it's pink color and is cooked through. Drain off any fat.
3. Preheat oven to 375°F.
4. Combine cooked turkey with spices and salsa. Evenly distribute mixture into the bell pepper boats, top with cheese. Bake on a parchment lined baking sheet for 10 minutes or until cheese is melted and peppers are hot.

NOTE: If you prefer much softer bell peppers, add a few tablespoons water to the bottom of a large casserole dish, add filled nachos, cover tightly with foil and bake 15 minutes. Remove from the oven and enjoy while hot.



GALE COMPTON