

Bell Pepper Nachos

9 servings

Balancing the calories you eat with the calories your body uses will help you maintain a healthy weight and prevent disease. Everyone has their own calorie limit. Staying within that limit can help you lose weight or maintain a healthy weight. The secret is learning how to balance your “energy in” (the calories you eat/drink) and “energy out” (the calories you burn for basic body functions and physical activity).



1 pound lean ground beef
1 teaspoon chili powder
1 teaspoon cumin
1/2 teaspoon black pepper

1/4 teaspoon salt
3/4 cup salsa
3 bell peppers, scrubbed with clean vegetable brush under running water
1 cup cheddar cheese, shredded

1. Preheat oven to 375 °F. Spray a baking sheet with non-stick cooking spray. Set aside.
2. In a large skillet, brown ground beef. Drain fat.
3. In a small bowl, combine spices and salsa. Add to cooked meat.
4. Remove seeds, core and membrane from bell peppers. Slice each one into 6 vertical pieces. Set sliced bell peppers on prepared baking sheet.
5. Evenly distribute meat mixture into the bell pepper slices. Top with cheese.
6. Bake for 10 minutes or until cheese is melted and peppers are hot.

Nutrition Information per Serving: (1/9 of recipe) Calories 153, Total Fat 8 g, Saturated Fat 4 g, Protein 15g, Total Carbohydrate 5 g, Dietary Fiber 1 g, Sodium 315 mg.

Recipe Source: Skinnyms.com