



RECIPE:

Bell Pepper Nachos

Number of Servings: 9

Ingredients:

- 1 lb. lean ground beef
- 1 tsp. cumin
- 1/4 tsp. salt
- 3 bell peppers
- 1 c. cheddar cheese, shredded
- 1 tsp. chili powder
- 1/2 tsp. black pepper
- 3/4 c. salsa

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 375° F. Spray a baking sheet with non-stick cooking spray. Set aside.
3. In a large skillet, brown ground beef until internal temperature reaches 160 degrees when measured with a food thermometer. Drain fat.
4. In a small bowl, combine spices and salsa. Add to cooked meat.
5. Scrub bell peppers with a clean vegetable brush under running water. Remove seeds, core and membrane from bell peppers. Slice each one into 6 vertical pieces. Set sliced bell peppers on prepared baking sheet.
6. Evenly distribute meat mixture into the bell pepper slices. Top with cheese.
7. Bake for 10 minutes or until cheese is melted and peppers are hot.
8. Store leftovers in a sealed container in the refrigerator.

Nutrition Info:

Nutrition Facts	
9 servings per container	
Serving size	2 slices
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 370mg	16%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 2mg	10%
Potassium 314mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	