

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.

- 1 pound lean ground beef
- ¼ teaspoon salt
- 1 teaspoon chili powder
- ¾ cup salsa
- 1 teaspoon cumin
- 3 bell peppers, scrubbed with a clean vegetable brush under running water
- ½ teaspoon black pepper
- 1 cup Cheddar cheese, shredded, low fat



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, cook the beef over medium-high heat until meat is browned and reaches an internal temperature of 160°F on food thermometer. Drain fat.
4. In a small bowl, combine spices and salsa. Add to cooked meat.
5. 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 for up to four days.

Nutrition Information per Serving: (1/9 of recipe) Calories 160, Total Fat 8g, Saturated Fat 3.5g, Sodium 370mg, Total Carbohydrate 4g, Dietary Fiber 2g, Protein 17g.