



Loaded Bell Pepper Nachos

Servings 4 | Prep time 15 mins. | Total time 35 mins.

Equipment:

Baking sheet
Aluminum foil

Utensils:

Spatula
Fork
Measuring cups and spoons

Ingredients

4 bell peppers, cut into wedges
2 tablespoons olive oil OR vegetable oil
1/2 teaspoon ground cumin
1 clove garlic, minced OR 1 teaspoon garlic powder
1 1/2 cups cheddar cheese, shredded
1 avocado, chopped
1 16 ounce jar salsa OR 1 cup
1/4 cup light sour cream
1/2 tablespoon low-fat milk
1 pinch salt (optional)
1 pinch black pepper (optional)
1/2 cup pickled jalapeño pepper slices (optional)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Preheat oven to 425 degrees, and line rimmed baking sheet aluminum foil.
3. Place peppers on the baking sheet. Toss with oil, cumin, and garlic powder. Season generously with salt and pepper to taste.
4. Arrange the seasoned peppers on the baking sheet in a single layer, peel side down. Bake until peppers are crisp-tender, about 10 minutes.
5. While peppers are roasting in the oven, make the sour cream mixed topping. In a small bowl, use a fork to whisk sour cream and milk together. Set aside.
6. Remove peppers from the oven and top peppers with cheese. Return to oven and bake until cheese is bubbly, about 10 minutes.
7. After 10 minutes is over, take peppers out of oven and drizzle sour cream mixture over peppers.
8. Top with chopped avocado, salsa, and pickled jalapeños, if using.

Nutritional Information:

Calories 250 Total Fat 13g Sodium 520mg Total Carbs 23g Protein 13g