Snack, Latin American

Cheesy Stuffed Mini Sweet Peppers

Halved mini sweet peppers hold a creamy filling of goat and cream cheese with turkey bacon and onions, finished with garlicky whole wheat crumbs and baked until golden.



Nut free

40 min	50	5 g	3 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 1 spray, 0.25 gram nonstick cooking spray
- [ ] 12 small mini sweet peppers
- [ ] 2 slice turkey bacon (diced)
- [ ] 1/2 cup onion(s) (diced)
- [ ] 4 oz fat-free cream cheese (room temperature)
- [ ] 2 oz soft goat cheese (room temperature)
- [ ] 1/4 tsp crushed red pepper flakes
- [ ] 1 slice whole wheat bread (toasted)
- [ ] 1 clove garlic (minced)
- [ ] 1 tbsp Parmesan cheese (grated)

Method

1. Preheat the oven to 375°F, coat a baking sheet with nonstick cooking spray, and set it aside.
2. Halve each of the mini sweet peppers lengthwise and scoop out the seeds and membrane.
3. Spray a sauté pan with nonstick cooking spray, add the turkey bacon, and cook over medium heat until crisp, then drain on a paper towel and set aside.
4. Cook the onions in the same pan with more nonstick cooking spray if needed, stirring occasionally until they turn clear, then set aside to cool.
5. Stir the fat-free cream cheese and soft goat cheese together in a small bowl, then mix in the turkey bacon, onions, and crushed red pepper flakes.
6. Pulse the toasted whole wheat bread in a food processor with the garlic and Parmesan cheese until finely ground, then set aside in a small bowl.
7. Spoon 1 teaspoon of the cheese mixture into each pepper half, press the filled side into the whole wheat breadcrumbs, arrange the poppers breadcrumb side up on the baking sheet, and mist lightly with nonstick cooking spray.
8. Bake for about 20 minutes, until the peppers have softened and the breadcrumb topping is golden brown.

Nutrition Facts

Per serving

Calories	50
Total fat	2 g
Saturated fat	1 g
Sodium	135 mg
Total carbs	5 g
Fiber	0 g
Total sugars	3 g
Protein	4 g

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