



## Loaded Bell Pepper Nachos



1/4th of recipe (6 loaded nachos): 150 calories, 5g total fat (2.5g sat. fat), 370mg sodium, 10g carbs, 2g fiber, 5.5g sugars, 15.5g protein

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**Prep:** 15 minutes    **Cook:** 15 minutes



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### Ingredients

12 sweet mini bell peppers (each about 2 1/2 inches long)  
8 oz. raw extra-lean ground beef (4% fat or less)  
1/4 tsp. chili powder  
1/4 tsp. ground cumin  
1/4 tsp. each salt and black pepper  
1/4 cup black beans, drained and rinsed  
1/4 cup shredded reduced-fat Mexican-blend cheese  
2 tbsp. seeded and chopped jalapeño pepper  
1/4 cup salsa  
3 tbsp. light sour cream  
2 tbsp. chopped scallions  
Optional topping: sliced black olives

### Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Slice off and discard the stem end of each pepper. Remove and discard seeds. Slice each pepper in half lengthwise, and lay them on the baking sheet, cut sides down.

Bake for 5 minutes. Flip pepper halves. Bake until soft, about 5 more minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with seasonings. Cook and crumble for about 5 minutes, until fully cooked.

Thoroughly blot excess moisture from pepper halves. Arrange them in the center of the sheet. Top with beef, beans, cheese, and jalapeño pepper.

Bake until cheese has melted, about 3 minutes.

Top with salsa, sour cream, and scallions.

**MAKES 4 SERVINGS**

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