



Mini Bell Pepper Pizza Nachos



1/2 of recipe: 150 calories, 5g total fat (2.5g sat. fat), 473mg sodium, 15.5g carbs, 3.5g fiber, 9g sugars, 11g protein

Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

12 sweet mini bell peppers (each about 2 1/2 inches long)
 1/2 cup canned crushed tomatoes
 1/2 tsp. garlic powder
 1/2 tsp. onion powder
 1/2 tsp. Italian seasoning
 1/3 cup shredded part-skim mozzarella cheese
 3/4 oz. (about 12 pieces) turkey pepperoni, chopped
 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, in a medium bowl, stir seasonings into crushed tomatoes.

Thoroughly blot excess moisture from pepper halves. Arrange them in the center of the sheet, cut sides up. Top with seasoned tomatoes, cheese, and pepperoni.

Bake until cheese has melted, about 3 minutes.

MAKES 2 SERVINGS

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