



## 3-Ingredient Mexi' Melts



1/2 of recipe: 137 calories, 6g total fat (3.5g sat fat), 594mg sodium, 13.5g carbs, 3g fiber, 6.5g sugars, 8.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 5 minutes    **Cook:** 10 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

### Ingredients

2 large bell peppers  
1/3 cup taco sauce  
1/2 cup shredded reduced-fat Mexican-blend cheese  
Optional toppings: sliced black olives, chopped fresh cilantro

### Directions

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

Carefully slice off all 4 sides of each bell pepper, yielding 8 flat pieces. Remove and discard any seeds. Place pepper pieces on the baking sheet, cut sides up. Evenly top with taco sauce and cheese.

Bake until the cheese has melted, about 10 minutes.

MAKES 2 SERVINGS

**HG Tips:** Look for peppers with 4 sides (not 3). Let your Mexi' Melts cool for a few minutes before eating. (Otherwise, the hot cheese might slide right off!)

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.