



## 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

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



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### 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!)

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