



## Air-Fryer Mini Mexican Stuffed Peppers



1/2 of recipe (5 stuffed pepper halves): 70 calories, 3g total fat (1.5g sat. fat), 174mg sodium, 7.5g carbs, 2g fiber, 3g sugars, 4g protein

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



### Ingredients

5 sweet mini bell peppers (each about 2 1/2 inches long)  
2 tbsp. fat-free refried beans  
2 tbsp. shredded reduced-fat Mexican blend cheese  
1 tbsp. light/reduced-fat cream cheese  
1/4 tsp. taco seasoning  
Optional dip/topping: salsa, light sour cream

### Directions

Slice off and discard stem ends of the peppers. Remove and discard seeds. Slice peppers in half lengthwise.

In a small bowl, combine remaining ingredients. Mix until uniform. Evenly distribute mixture between bell pepper halves.

Place peppers cut-side up in an [air fryer](#) basket sprayed with nonstick spray. Set temperature to 356 degrees. Cook until tender and lightly browned, 10 - 12 minutes.

MAKES 2 SERVINGS

**HG FYI:** Our air fryer has a dial setting for 356 degrees. Depending on your air fryer model, you can set to 356 or 360 degrees.

**Oven Alternative:** Bake at 400 degrees until peppers have softened and filling is hot, about 15 minutes.

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