



# Breakfast Bell Pepper Nachos



Entire recipe: 205 calories, 4g total fat (2g sat. fat), 632mg sodium, 22g carbs, 7g fiber, 8.5g sugars, 21g protein

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

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## Ingredients

- 6 sweet mini bell peppers (each about 2 1/2 inches long)
- 1/4 cup frozen meatless crumbles (like the kind by MorningStar Farms)
- 1/3 cup (about 2 large) egg whites or fat-free liquid egg substitute
- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- Dash each salt and black pepper
- 2 tbsp. fat-free refried beans
- 2 tbsp. shredded reduced-fat cheddar cheese
- 1/4 cup chopped tomato
- 2 tbsp. chopped scallions
- Optional topping: light sour cream

## 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 peppers in half lengthwise, and lay them on the baking sheet, cut sides down.

Bake for 10 minutes, flipping halfway through.

Meanwhile, bring a skillet sprayed with nonstick spray to medium heat. Add crumbles. Cook and stir until thawed, about 1 minute. Add egg and seasonings. Cook and scramble until fully cooked, about 2 minutes.

Transfer peppers to a large plate. Top with egg scramble, beans, cheddar, tomato, and scallions. Heat to melt cheese, if desired.

### MAKES 1 SERVING

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