



## Greek Bell Pepper Nachos



1/4th of recipe (6 loaded nachos): 114 calories, 6g total fat (3g sat. fat), 353mg sodium, 8g carbs, 1.5g fiber, 4.5g sugars, 7.5g protein

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

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### Ingredients

12 sweet mini bell peppers (each about 2 1/2 inches long)  
1/2 cup shredded part-skim mozzarella cheese  
1/4 cup crumbled feta cheese  
2 tbsp. chopped red onion  
1/4 cup fat-free plain Greek yogurt  
1 tbsp. chopped fresh mint, or more for topping  
1/2 tsp. chopped garlic  
1/8 tsp. salt  
1/2 cup seeded and chopped tomato  
1/4 cup sliced black or Kalamata olives

### Directions

Preheat oven to 400 degrees. Spray a [baking sheet](#) with nonstick spray.

Slice off and discard stem ends of bell peppers. Remove and discard seeds. Slice peppers in half lengthwise. Place them on the sheet, cut sides down. Bake for 10 minutes or until soft, flipping halfway through.

Blot away excess moisture. Move pepper halves toward the center of the sheet. Top with mozzarella, feta, and onion. Bake until mozzarella has melted, about 3 minutes.

In a medium bowl, combine yogurt, mint, garlic, and salt. Mix well. Spoon over pepper halves, and top with tomato and olives.

#### MAKES 4 SERVINGS

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