



Hungry Chick' Bell Pepper Nachos



1/4th of recipe (6 loaded nachos): 152 calories, 4.5g total fat (2g sat. fat), 299mg sodium, 10.5g carbs, 2g fiber, 6g sugars, 17g protein

Prep: 10 minutes **Cook:** 40 minutes

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Ingredients

8 oz. raw boneless skinless chicken breast cutlets
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. salt
Dash black pepper
12 sweet mini bell peppers (each about 2 1/2 inches long)
1/4 cup canned black beans, drained and rinsed
1/4 cup shredded reduced-fat Mexican-blend cheese
1/3 cup salsa
1/4 cup light sour cream
2 tbsp. chopped jalapeño pepper
1 tbsp. chopped fresh cilantro

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet, and spray with nonstick spray.

Place chicken on the center of the foil, and sprinkle with seasonings. Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 25 minutes, or until chicken is cooked through.

Meanwhile, slice off and discard the stem ends of the bell peppers. Remove and discard seeds. Slice peppers in half lengthwise.

Remove foil pack from the sheet, and spray sheet with nonstick spray. Raise oven temperature to 400 degrees.

Lay pepper halves on the sheet, cut sides down. Bake for 5 minutes.

Flip bell pepper halves. Bake until soft, about 5 more minutes.

Meanwhile, cut foil packet to release hot steam before opening entirely. Transfer chicken to a medium bowl. Shred with two forks.

Thoroughly blot excess moisture from bell pepper halves. Arrange them on the center of the sheet. Top with shredded chicken, beans, and cheese.

Bake until cheese has melted, about 3 minutes.

Top with salsa, sour cream, jalapeño, and cilantro.

MAKES 4 SERVINGS

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