



Loaded Bell Pepper Nachos



1/4th of recipe (6 loaded nachos): 150 calories, 5g total fat (2.5g sat. fat), 370mg sodium, 10g carbs, 2g fiber, 5.5g sugars, 15.5g protein

[Click for WW Points® value*](#)

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



More: [Recipes for Sides, Starters & Snacks, Four or More Servings, 30 Minutes or Less, Gluten-Free](#)

Ingredients

- 12 sweet mini bell peppers (each about 2 1/2 inches long)
- 8 oz. raw extra-lean ground beef (4% fat or less)
- 1/4 tsp. chili powder
- 1/4 tsp. ground cumin
- 1/4 tsp. each salt and black pepper
- 1/4 cup black beans, drained and rinsed
- 1/4 cup shredded reduced-fat Mexican-blend cheese
- 2 tbsp. seeded and chopped jalapeño pepper
- 1/4 cup salsa
- 3 tbsp. light sour cream
- 2 tbsp. chopped scallions
- Optional topping: sliced black olives

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 each pepper in half lengthwise, and lay them on the baking sheet, cut sides down.

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

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with seasonings. Cook and crumble for about 5 minutes, until fully cooked.

Thoroughly blot excess moisture from pepper halves. Arrange them in the center of the sheet. Top with beef, beans, cheese, and jalapeño pepper.

Bake until cheese has melted, about 3 minutes.

Top with salsa, sour cream, and scallions.

MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

