

# Bell Pepper Nachos

This healthy dish uses bell pepper instead of traditional tortilla chips. For added flavor, top with chopped cilantro, green onions or black olives!

Makes: 8 servings

Source: [foodhero.org](http://foodhero.org) recipe/bell pepper nachos

## Ingredients

- 4 bell peppers
- 1 cup salsa
- 2 teaspoons seasoning (try a mixture-chili powder, garlic powder, ground cumin, pepper)
- 2 cups cooked meat (chopped or shredded), beans or tofu
- 1/2 cup shredded cheese

## Directions

1. Preheat oven to 350 degrees F.
2. Wash bell peppers, remove seeds and cut into bite-size pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
3. In a medium bowl, combine salsa, seasonings and meat, beans or tofu.
4. Spoon the mixture evenly over pepper pieces then top with cheese.
5. Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.
6. Refrigerate leftovers within 2 hours.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/8 of recipe (1 Cup)	
Nutrients	Amount
Calories:	280
Total Fat:	7 g
Saturated Fat:	2 g
Cholesterol:	55 mg
Sodium:	230 mg
Total Carbohydrates:	32 g
Dietary Fiber:	4 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	22g

## Utensils Needed

- Knife
- Cutting Board
- Bowl
- Spoon
- Measuring Utensils
- Baking Sheet
- Foil

# SHOPPING LIST

Average total cost without oil and seasonings: \$7.81

Average cost/serving: \$0.98

Recipe Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 4 to Cart  
Fresh Bell Peppers



Add 1 to Cart  
Salsa



Add 1 to Cart  
Canned Beans 15 oz



Add 1 to Cart  
Shredded Cheese

**My Cooking Notes**

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