



Bell Pepper Nachos

9 servings

Balancing the calories you eat with the calories your body uses will help you maintain a healthy weight and prevent disease. Everyone has their own calorie limit. Staying within that limit can help you lose weight or maintain a healthy weight.

- 1 pound lean ground beef
- ¼ teaspoon salt
- 1 teaspoon chili powder
- ¾ cup salsa
- 1 teaspoon cumin
- 3 bell peppers, scrubbed with a clean vegetable brush under running water
- ½ teaspoon black pepper
- 1 cup Cheddar cheese, shredded



- 1. Wash hands with soap and water.
- 2. Preheat oven to 375 °F. Spray a baking sheet with non-stick cooking spray. Set aside.
- 3. In a large skillet, cook the beef over medium-high heat until meat is browned and reaches an internal temperature of 160 °F on food thermometer. Drain fat.
- 4. In a small bowl, combine spices and salsa. Add to cooked meat.
- 5. Remove seeds, core and membrane from bell peppers. Slice each one into 6 vertical pieces. Set sliced bell peppers on prepared baking sheet.
- 6. Evenly distribute meat mixture into the bell pepper slices. Top with cheese.
- 7. Bake for 10 minutes or until cheese is melted and peppers are hot.
- 8. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving: (1/9 of recipe) Calories 153, Total Fat 8 g, Saturated Fat 4 g, Protein 15g, Total Carbohydrate 5 g, Dietary Fiber 1 g, Sodium 315 mg.

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