



# Bell Pepper Nacho Boats

## Ingredients:

3 bell peppers  
1-pound lean ground turkey  
Olive oil spray  
1.5 tablespoon chili powder  
1 teaspoon cumin  
1 teaspoon salt.  
Pepper to taste  
 $\frac{3}{4}$  cup salsa, no sugar added  
1 cup cheddar cheese, shredded, reduced- fat  
Lime Juice to taste

## Instructions:

1. Clean, remove seeds, core, and slice bell peppers into 6 vertical pieces. Set aside.
2. Spray pan with cooking spray. Add spices and cook ground turkey on medium high heat for 7-10 minutes, or until turkey loses its pink color and is cooked through.
3. Place bell peppers on microwave safe plate. Evenly distribute mixture amongst bell pepper boats. Top with cheese.
4. Cook in microwave for 1:00 minute, or until cheese is melted and peppers are hot.
5. Top with salsa and Enjoy!

## Variations:

Optional toppings: sliced jalapeno peppers, diced avocado, fat- free Greek yogurt or sour cream.

**Prep Time: 10 minutes**

**Cooking Time: 10 minutes**

## Equipment:

Mixing bowl  
Measuring cups and spoons  
Microwave safe plate  
Microwave  
Pan

**Servings: 3**

**Serving Size: 6 bell pepper nachos**



**Nutrition Facts:** 145 Calories, 9 g Fat, 4g Saturated Fat, 4 g Carbohydrates, 13 g Protein, 1 g Fiber, 2 g Sugar, 293 mg Sodium.

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

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