



## Bell Pepper Loaded Nachos

SERVINGS: 6

PREPPING TIME: 20 MINS

COOKING TIME: 25 MINS

### INGREDIENTS

- 1 lb. 93% lean ground turkey
- 2 cloves garlic, minced
- 1/4 onion, minced
- 1 tbsp. chopped fresh cilantro or parsley
- 1 tsp. garlic powder
- 1 tsp. cumin powder
- 1/2 tsp. kosher salt
- 1/4 cup tomato sauce
- 1/4 cup low-sodium chicken broth
- 12 mini rainbow peppers, halved and seeded
- 1 cup reduced-fat shredded cheddar cheese
- 2 tbsp. light sour cream, thinned with 1 tbsp. water
- 4 tbsp. sliced black olives
- 2 jalapenos, sliced thin
- Chopped cilantro, for garnish

### DIRECTIONS

1. Preheat the oven to 400°F and line a large baking tray with parchment or aluminum foil. Lightly spray with oil.
2. Spray oil in a medium nonstick skillet over medium heat.
3. Add onion, garlic, and cilantro and saute for about 2 minutes (if it starts to stick, add a tablespoon of water). Add ground turkey and break it up into smaller pieces with a fork. Cook for 4 to 5 minutes until the meat is completely cooked. Stir in salt, garlic powder, and cumin and cook for a further minute.
4. Add tomato sauce and chicken broth, mix well and simmer on medium for about 5 minutes. Remove from heat.
5. Meanwhile, cut the stem off each mini pepper, cut them in half, and remove the seeds and white flesh. Arrange peppers on a baking tray so the cut sides are facing up.
6. Fill each pepper with cooked ground turkey mixture and top with shredded cheese and jalapeno slices.
7. Bake for 8 to 10 minutes until the cheese has melted.
8. Remove from the oven and top with black olives, sour cream, and cilantro. Serve immediately.

### NUTRITION

Serving size: 4 nachos  
 (per serving) 238.8 calories, 9.7g fat, 3g saturated fat, 61.2mg cholesterol, 520.6mg sodium, 19.2g carbohydrate, 6.3g fiber, 11.9g sugar, 22.1g protein