

## Recipe of the Month – February 2024

## **Loaded Bell Pepper Nachos**

Serves: 4

Serving Size: 6 wedges Cost per Serving: \$2.47

## Ingredients:

4 bell peppers, cut into wedges

2 tablespoons olive oil OR vegetable oil

1/2 teaspoon ground cumin

1 clove garlic, minced OR 1 teaspoon garlic powder

1 1/2 cups shredded cheddar cheese

1 avocado, chopped

1 16oz jar salsa

1/4 cup light sour cream

1/2 tablespoon low-fat milk

1 pinch salt (optional)

1 pinch black pepper (optional)

1/2 cup pickled jalapeno pepper slices (optional)

## **Directions:**

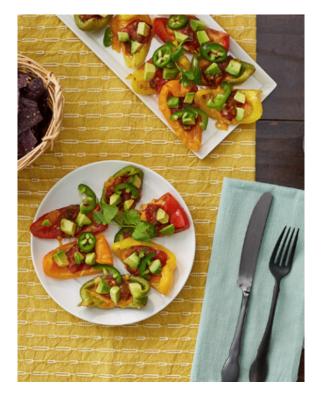
- 1. Preheat oven to 425F, and line rimmed baking sheet with aluminum foil.
- 2. Place peppers on the baking sheet. Toss with oil, cumin, and garlic powder. Season generously with salt and pepper to taste.
- 3. Arrange the seasoned peppers on the baking sheet in a single layer, peel side down. Bake until peppers are crisp-tender, about 10 minutes.
- 4. While peppers are roasting in the oven, make sour cream mixed topping. In a small bowl, use a fork to whisk sour cream and milk together. Set aside.
- 5. Remove peppers from the oven and top peppers with cheese. Return to the oven and bake until the cheese is bubbly, about 10 minutes.
- 6. After 10 minutes, take peppers out of the oven and drizzle sour cream mixture over peppers.
- 7. Top with chopped avocado, salsa and pickled jalapenos, if using.

  \*Nutrition Facts per Serving: 250 calories, 13g total Fat (2g sat. fat),

10mg.Cholesterol, 520mg Sodium, 23g Carbohydrates, 5g Fiber, 9g Sugar, 13g Protein

Recipe compliments of Ohio SNAP-Ed (Ohio State Extension) Celebrate Your Plate 2024 Calendar





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