

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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