

Recipe of the Month – February 2024

Roasted Peppers with Sour Cream Topping

Serves: 4
 Serving Size: 1/4 cup
 Cost per Serving: \$0.50

Ingredients:

- 1/2 cup oil
- 1/2 cup cumin
- 1/2 cup garlic powder
- 1/2 cup salt
- 1/2 cup pepper
- 1/2 cup sour cream
- 1/2 cup milk
- 1/2 cup cheese
- 1/2 cup avocado
- 1/2 cup salsa
- 1/2 cup pickled jalapenos

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, 10g total Fat (2g sat. fat)

10mg Cholesterol, 10mg Sodium, 10g Carbohydrates, 1g Fiber, 1g Sugar, 1g Protein

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

