

# Bell Pepper Nachos

**Prep time:** 15 minutes

**Cook time:** 25 minutes

**Total time:** 40 minutes

## Ingredients

1 lb 93% lean ground turkey

1 clove garlic, minced

1/4 onion, minced

1 tablespoon chopped fresh cilantro or parsley

1 teaspoon garlic powder

1 teaspoon cumin powder

bell peppers, large, chopped, and seeded (*about 13 oz seeded*)

1 cup sharp shredded Cheddar cheese

2 tablespoons light sour cream, thinned with 1 tablespoon water

2 tablespoons sliced black olives

1 jalapeno, sliced thin (*optional*)

chopped cilantro, for garnish

## Nutritional Estimates

**Serving size:** 7 nachos

**Calories per serving:** 187



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## Directions

Preheat oven to 400F and line a large baking tray with parchment or aluminum foil. In a medium nonstick skillet over medium heat, combine onion, garlic, and cilantro and saute about 2 minutes. Add ground turkey, salt, garlic powder, and cumin and cook meat for 4-5 minutes until meat is completely cooked through. Arrange bell peppers in a single layer, cut-side up, close together. Fill each with cooked ground turkey mixture, then top with shredded cheese and jalapeno slices, if using. Bake 8-10 minutes, until cheese is melted. Remove from oven and top with black olives, sour cream, and cilantro. Serve immediately.



## Fun Facts

- Peppers are native to Central and South America. Pepper seeds were later carried to Spain in 1493 and from there spread to other European and Asian Countries.
- Bell peppers are full of great health benefits – they're packed with vitamins and low in calories. They are an excellent source of vitamin A, vitamin C, and potassium. They also include a healthy dose of fiber, folate, and iron.
- Bell peppers are versatile. You can eat them with dips like ranch or hummus or add them to several dishes like stir fries, omelets, chili, etc. for extra flavor and nutrients.

Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information on healthy eating.

