

Super BELL NACHOS

Sick of all the super junk food on SuperBowl weekend? Replace the chips and dip for loaded Bell Peppers and dip.



| Nutrition Facts | |
|--|------------------------------|
| Serving Size (510g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 370 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 13g | 20% |
| Saturated Fat 4g | 20% |
| Trans Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 600mg | 25% |
| Total Carbohydrate 46g | 15% |
| Dietary Fiber 11g | 44% |
| Sugars 13g | |
| Protein 24g | |
| Vitamin A 25% | Vitamin C 180% |
| Calcium 30% | Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |



Prep time: 15 Minutes
Cook time: 15 Minutes
Serves: 6 People

INGREDIENTS:

- 4 Bell Peppers assorted
- 2 cups of Red Cherry Tomatoes
- 2 cups canned corn or frozen kernels thawed out in advance
- 1 (540mL) can of black beans
- 2 small to medium red onions
- 1/4 cup lime juice
- 3 tbsp. olive oil
- 1 tbsp. cumin
- 1/4 cup chopped cilantro
- 1 1/2 cups low fat cheddar/mozzarella blend – grated
- Sea salt and cracked black pepper to taste

For the Dip:

- 2 cups 0% fat greek yogurt
- 3 dashes of favorite hot sauce
- 1 tbsp. chopped cilantro

DIRECTIONS:

- Cut Bell Peppers into 5-6 chip shaped pieces.
- Dice Cherry Tomatoes and red onions.
- Chop 1/4 cup of cilantro and 1 tbsp. cilantro separately.
- Drain and rinse black beans.
- In a medium mixing bowl, combine Cherry Tomatoes, canned corn, black beans, red onions, lime juice, olive oil, cumin, 1/4 cup cilantro, sea salt and black pepper to taste. Allow to sit for 10 minutes, drain well.
- Preheat oven to 400 degrees Fahrenheit.
- Arrange Bell Peppers on a baking sheet with parchment paper. Spoon your drained mixture evenly amongst the Bell Peppers then grate cheese and evenly top each Bell Pepper.
- Place the baking sheet into oven, set timer for 10 minutes.
- Combine your greek yogurt, 1 tbsp. of chopped cilantro and hot sauce. Set aside.
- Remove Bell Peppers from oven and arrange on your favorite platter with bowl of dip and serve.

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