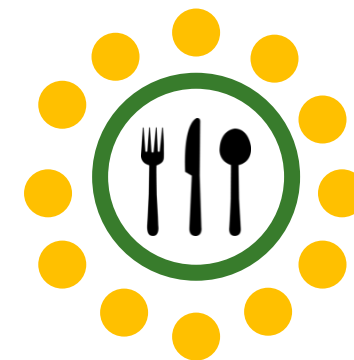



recipe of the week:

Skinny Bell Pepper Nacho Boat



Ingredients:	Directions:
1 lb. lean ground turkey	1. Preheat oven to 375 degrees.
1 tsp. chili powder	2. Remove seeds, core, and membrane from bell peppers then slice each one into 6 vertical pieces where they dip down. Set the sliced bell peppers aside.
1 tsp. cumin	3. Cook ground turkey over medium-high heat, breaking up as it cooks. Cook until the turkey loses its pink color and is cooked through. Drain off any fat.
½ tsp. black pepper	4. Combine cooked turkey with spices and salsa. Evenly distribute mixture into the bell pepper boats, top with cheese.
¼ tsp. kosher or sea salt	5. Bake on a parchment lined baking sheet for 10 minutes or until cheese is melted and peppers are hot.
¾ cup salsa, no sugar added	* If you prefer much softer bell peppers, add a few tablespoons of water to the bottom of a large casserole dish, add filled nachos, cover tightly with foil and bake for 15 minutes.
1 cup grated cheddar cheese, reduced-fat	
3 bell peppers	
<i>Optional ingredients for topping: sliced jalapeno peppers, diced avocado, fat-free Greek yogurt or sour cream, or sliced green onions.</i>	
	<p data-bbox="1249 1284 1549 1333">Presented by:</p>  <p data-bbox="1430 1544 1602 1560">moving towards an amazing YOU</p>