

BAKED TACO STUFFED PEPPERS



INGREDIENTS:

- 2 large bell peppers
- 1/2 lb ground beef, chicken, turkey, OR tofu
- 1/4 cup shredded Reduced Fat Cheese
- 1/2 cup shredded lettuce
- 1/4 cup chopped tomato
- 1/2 cup black beans
- Dash sea salt
- Dash black pepper
- Dash garlic
- Garnish fresh cilantro, finely chopped

DIRECTIONS:

1. Preheat oven to 400 degrees. Cook/Brown beef/chicken/turkey/tofu on the stove top using cooking spray and season with a dash of salt, pepper, and garlic.
2. Slice each pepper in half and hollow out the center.
3. Lay Peppers face down on baking sheet with parchment paper or foil sprayed with oil.
4. Bake for 10 minutes.
5. Mix together the cooked meat, beans, and half of the cheese in a bowl.
6. Remove the peppers and fill each one evenly with the mix.
7. Top each evenly with the remaining cheese.
8. Bake for an additional 10 minutes face up.
9. Remove and top with tomato, lettuce, and cilantro.

Enjoy!

Makes 2 servings

Calories: 360 | Protein: 33 gm | Carbs: 18 gm | Fat: 18 gm