

ARTICHOKE STUFFED SWEET PEPPER POPPERS

SERVES: 12 | SERVING SIZE: 3 stuffed pepper halves | PREP: 25 minutes | READY: 50 minutes

INGREDIENTS

- 1/2 cup (1 ounce) freshly grated Parmesan cheese, divided
- 6 tablespoons (3 ounces) reduced-fat cream cheese, softened
- 1/4 cup mayonnaise
- 2 tablespoons reduced-fat sour cream
- 1/4 cup finely diced red onion
- 1 tablespoon fresh-squeezed lemon juice
- 1 clove garlic, minced
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 can (14 ounces) artichoke hearts, drained, rinsed and diced
- 1 bag (1 pound) mini sweet peppers
- 1 small jalapeño pepper, finely diced



DIRECTIONS

In a bowl, mix 5 tablespoons Parmesan cheese (reserving 3 tablespoons to use as a topping), cream cheese, mayonnaise, sour cream, onion, lemon juice, garlic, salt, and black pepper until well blended. Add diced artichoke hearts and stir until well combined. Refrigerate mixture until ready to fill pepper halves.

Clean mini peppers and slice each pepper in half lengthwise. Remove seeds and membranes from pepper halves and arrange peppers on a large sheet pan. Fill each pepper half with artichoke filling.

Bake in a preheated 400-degree oven for 15 minutes. Remove sheet pan from oven and sprinkle tops of stuffed pepper halves with remaining 3 tablespoons Parmesan cheese. Turn oven setting to broil, return stuffed peppers to oven, and broil until tops begin to turn golden brown, about 2 to 4 minutes. Garnish with finely diced jalapeño and serve warm or at room temperature.

Cook's note: A 1-pound bag of mini sweet peppers usually contains about 18 whole peppers. This recipe makes 36 stuffed pepper halves. One serving consists of 3 stuffed pepper halves.

NUTRITION INFORMATION PER SERVING

73 calories, 5.5 g total fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 162 mg sodium, 4 g total carbohydrate, 1 g dietary fiber, 2 g total sugars, 0 g added sugars, 2 g protein, 0 mcg (0%) vitamin D, 45 mg (4%) calcium, 0 mg (0%) iron, 64 mg (2%) potassium

