



Grilled Pepper Poppers



Ingredients:

- 1/2 cup (4 ounces) soft goat cheese
- 1/2 cup (4 ounces) low-fat cream cheese, softened
- 1/2 cup (2 ounces) Reduced Fat Parmesan cheese
- 1/2 cup finely chopped seeded tomato
- 2 tablespoons thinly sliced green onions
- 2 tablespoons chopped fresh sage
- 1/2 teaspoon kosher salt
- 16 jalapeño peppers, halved lengthwise and seeded (about 1 1/2 pounds)
- Cooking spray
- 2 tablespoons chopped fresh cilantro

Preparation:

1. Prepare grill to medium-high heat.
2. Combine first 7 ingredients in a bowl, stirring well. Spoon about 2 teaspoons cheese mixture into each pepper half. Place pepper halves, cheese side up, on grill rack coated with cooking spray. Grill peppers 5 minutes or until bottoms of peppers are charred and cheese mixture is lightly browned. Carefully place peppers on a serving platter. Sprinkle with cilantro.

NOTE If you would like the peppers less spicy, cook them for a few minutes on the grill before you stuff them; the longer they cook, the milder they become*

Serving size: 2 pepper halves

Nutritional Information

Calories: 90 kcals

Total Fat: 5 g

Total Carbohydrates: 4 g

Protein: 7.1g