

Bell Pepper Nachos



Ingredients

- 3 medium bell peppers
- 1 pound lean ground turkey/beef
- 2 tablespoons taco seasoning
- 1 can black beans, drained and rinsed
- 1 can corn, drained and rinsed
- ½ white onion, diced
- 4 oz shredded Mexican style cheese
- ½ head of iceberg lettuce, chopped
- 2 roma tomatoes, diced
- 1 ripe avocado, diced

Optional:

- Dollops of sour cream or plain greek yogurt
- Jalapeños
- Salsa or pico de gallo

Instructions

- Preheat oven to 375° F
- Slice bell peppers to 3-inch pieces (or roughly the size of tortilla chips), place evenly on sheet tray
- Cook ground meat on stove on medium heat, mix in taco seasoning
- Add black beans, corn, and onion to ground meat, cook for additional 5 minutes
- Evenly spread meat mixture over the bell peppers, cover with a layer of shredded cheese
- Bake in the oven for 10 minutes
- Add chopped lettuce, tomatoes, avocado, and any other desired toppings
- Serve immediately & enjoy!

Serves 3-4 | Nutrition per serving: calories: 420 |
Carbohydrates: 25g | Protein: 30g | Fat: 22.5g | Saturated fat:
6.5g | Fiber: 6.5g | Sodium: 600mg