



Bumble Bee and Clover

Bell Pepper Nachos



Bumble bees not only help produce cheese, but also pollinate many crops grown in greenhouses, such as tomatoes and peppers. Enjoy bumble bees' hard work with this Food Hero recipe.

Ingredients

- 4 bell peppers
- 1 cup **salsa** (try Food Hero's Quick Tomato Salsa)
- 2 teaspoons **seasoning** (try one or a mixture- chili powder, garlic powder, ground cumin, pepper)
- 2 cups cooked **beans** or meat (chopped or shredded), or try a combination
- 3/4 cup shredded **cheese**

Directions

1. Wash hands with soap and water.
 2. Preheat oven to 350 degrees F.
 3. Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
 4. In a medium bowl, combine salsa, seasonings, beans and/or meat. Spoon the mixture evenly over pepper pieces. Top with cheese.
 5. Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.*
 6. Refrigerate leftovers within 2 hours.
- *Try some toppings for more flavor, like chopped green onions, cilantro or black olives.



Makes 8 cups
Prep time: 5 minutes
Cook time: 15 minutes



Nutrition Facts	
8 servings per container	
Serving size	1 cup (136g)
Amount per Serving	
Calories	100
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 340mg	15%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 1mg	6%
Potassium 211mg	4%
Vitamin A 46mcg	5%
Vitamin C 48mg	53%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Recipe Math Challenge



The food truck is planning to sell 3,000 nacho plates next month. Each plate is a 1 cup portion.

🌸 How many bell peppers will you need? *Hint: each serving is half a pepper. Pay attention to how many cups a recipe makes. _____