

Bell Pepper Nachos



Bumble Bee and Clover 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 mixturechili 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.

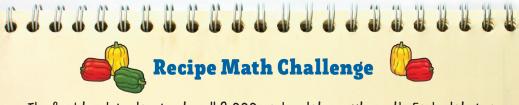
4. In a medium bowl, combine salsa, seasonings, beans and/or meat. Spoon the mixture evenly over pepper pieces. Top with cheese.

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.





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.



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

8 servings per container	19923
Serving size 1	cup (136g)
Amount per Serving	100
Calories	100
9	6 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 Og Added Sugar	s 0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 1mg	6%
Potassium 211mg	4%
Vitamin A 46mcg	5%
Vitamin C 48mg	53 %