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.

**Nutrition Facts**

- Calories: 100
- 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

*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.________________________