



Bumble Bee and Clover

# Bell Pepper Nachos

Bumble bees not only help produce cheese, but also pollinate many crops grown in Oregon greenhouses, like tomatoes and peppers.



How many different types of plants could the ingredients for this recipe grow on? List them.

## Ingredients

- 4 bell peppers
- 1 cup **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 mixture
- 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, seasoning, 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.

\*Topping ideas: chopped green onions, cilantro, black olives, plain low-fat yogurt or sour cream.



Watch Oregon families harvest bell peppers and tomatoes.  
OREGON HARVEST for SCHOOLS  
<https://beav.es/TJ5>  
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Makes 8 cups

Prep time: 5 minutes

Cook time: 15 minutes

## Nutrition Facts

8 servings per container	
Serving size	1 cup (136g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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 bell pepper nacho plates next month. Each plate is a 1 cup portion. How much of these ingredients do we need?

🌻 Bell peppers \_\_\_\_\_ 🌻 Salsa \_\_\_\_\_

**Bonus:** How many cans of beans (1 can = 2 cups beans) will you need if you make the recipe as a mixture, half beans and half ground beef?