

Mini Sweet Stuffed Peppers

The sweet little mini peppers are stuffed with flavor and full of color. They make the perfect appetizer or snack for any cook out or dining in. With all the vibrant colors of the peppers these are sure to brighten up the table with this healthy appetizer recipe.

Recipe Type: Appetizer, Side Dish, Snack, Vegetables

Ingredients

16 each Mini Bell Peppers
1 cup Cream Cheese, fat free
1 teaspoon Onion Flakes
1 teaspoon Garlic Powder
1 teaspoon Red Pepper Flakes
¼ cup Green Onions, finely chopped
½ cup Mozzarella cheese shredded



Directions

- 1 Cut mini bell peppers in half and remove seeds and membrane. Leave the stems on to make it easier to pick these up to eat.
- 2 In a small bowl, add all remaining ingredients and blend until cream cheese is smooth and spreadable.
- 3 Spoon in the cream cheese mixture into the bell peppers dividing it evenly among the peppers.
- 4 Sprinkle the mozzarella cheese evenly over the peppers.
- 5 Line the grill with foil and heat to low-medium heat.
- 6 Place the mini peppers on the grill and cook until mozzarella cheese is melted.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Total Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 118 calories, 2.2g total fat, <1g saturated fat, 5.7mg cholesterol, 88.3mg sodium, 18.7g carbohydrates, 6.2g fiber, 12.6g sugar, 5.6g protein.

Servings: 8

Yield: 16 mini peppers

Weight Watchers Points

Note: The nutrition information for the peppers was not used to calculate any of the Weight Watchers points.

Orig. WW Pts: 1

Points Plus: 1

Smart Points: 1

FreeStyle Smart Points: 1

Tips

This recipe can be modified to include your favorite ingredients. Try using ground Italian sausage, shredded BBQ chicken or Tuna to stuff these peppers and turn them into a main course.