



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Red and Green Bell Pepper Bites

Ingredients:

- 1 medium green bell pepper
- 1 medium red bell pepper
- 1/4 cup sliced almonds
- 4 oz fat-free or reduced-fat cream cheese, softened
- 1 tsp no-salt-added lemon pepper seasoning blend
- 1 tsp fresh lemon juice

Serves 8

39 calories, 1.5 g fat, 0 g saturated fat, 3 g carbohydrate, 1 g fiber, 3 g protein, 71 mg sodium

Source: American Heart Association

Directions:

1. Cut each bell pepper in half lengthwise; discard the stems, ribs and seeds. Cut each half into six pieces. Arrange the pieces with the skin side down on a decorative serving platter. Set aside.
2. In a medium skillet, dry-roast the almonds over medium heat for 3 to 4 minutes, or until golden brown, stirring occasionally. Transfer 1 tablespoon of the almonds to a small plate and reserve for garnishing. Process the remaining almonds in a food processor or blender for 15 to 20 seconds, or until finely ground.
3. In a medium mixing bowl, beat the cream cheese, lemon pepper seasoning blend, and lemon juice with an electric mixer for 1 to 2 minutes, or until creamy. Add the ground almonds and beat for 10 seconds, or until combined.
4. Spoon the mixture into a piping bag fitted with a wide star or round tip. Or snip the corner off a resealable plastic bag and spoon in the mixture. Pipe about 1 teaspoon of the mixture onto each bell pepper piece. Garnish with the sliced almonds.



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