



Jalapeño Poppers

4 ounces reduced fat cream cheese	1 teaspoon garlic powder	8 large jalapeño peppers
1 tablespoon grated Parmesan cheese	¾ cup shredded reduced fat mozzarella cheese	8 pieces , thinly sliced bacon, cut in half

Preheat oven to 425 degrees F. In a small bowl, **mix** together the cream cheese, Parmesan cheese, garlic powder and mozzarella cheese. **Wash** peppers and **cut off** stems. **Cut** peppers lengthwise to make 16 halves. You may want to wear plastic gloves while handling hot peppers. **Scrape** out the seeds and membrane of each pepper. **Stuff** each pepper half with the cream cheese mixture and **wrap** each stuffed pepper with

a half piece of bacon. Lightly grease a broiler pan or pan with a rack. This will allow any grease to fall away from the poppers. **Bake** for 20 minutes or until poppers are hot and juicy and the bacon is browned.

Yield: 16 servings

Nutritional Analysis: 60 calories, 4 g fat, 2.5 g saturated fat, 5 mg cholesterol, 180 mg sodium, 1 g carbohydrate, 0 g fiber, 1 g sugars, 5 g protein.

Kentucky Peppers

SEASON: June to September

NUTRITION FACTS: Both sweet and hot peppers are low in calories, high in vitamin C and are a good source of vitamin A. One raw, medium size pepper has around 20 calories. Red peppers are higher in vitamins A and C than green peppers. Hot peppers also contain capsaicin, an antioxidant found in its membranes and seeds. Removing these will make the pepper milder.

SELECTION: Select peppers that have firm, smooth skin. Avoid flabby, wrinkled or soft peppers.

STORAGE: Store unwashed in a paper towel then refrigerate in a plastic bag for up to ten days. Rinse before using.

PREPARATION: Wash carefully without bruising. Peppers can be served raw, grilled, stuffed or roasted. Add them to salads, casseroles or Mexican dishes.

PRESERVING: Peppers can be preserved by freezing, drying or canning.

To freeze: Wash, stem and seed peppers. Package, leaving no head space. Seal and freeze.

KENTUCKY PEPPERS

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
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Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>



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