Jalapeño Poppers

<table>
<thead>
<tr>
<th>4 ounces</th>
<th>1 teaspoon</th>
<th>8 large jalapeño peppers</th>
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<tr>
<td>reduced fat cream cheese</td>
<td>garlic powder</td>
<td>8 pieces, thinly sliced bacon, cut in half</td>
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<tr>
<td>1 tablespoon grated Parmesan cheese</td>
<td>¼ cup shredded reduced fat mozzarella cheese</td>
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**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. A 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

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http://plate tops.ca.uky.edu

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