

# Mini Pepper Nachos

## Ingredients:

1 teaspoon chili powder  
1 teaspoon ground cumin  
1 teaspoon garlic powder  
1 teaspoon paprika  
1/2 teaspoon pepper  
1/2 teaspoon oregano  
1/4 teaspoon red pepper flakes  
1 pound ground turkey  
1 pound mini peppers, halved and seeded  
1 cup low sodium cheddar cheese, shredded  
1/2 cup tomatoes, chopped  
Other toppings as desired (sour cream, olives, chopped jalapeños, avocado, etc.)

## Directions:

1. In a small bowl, combine chili powder, cumin, garlic powder, paprika, pepper, oregano, and red pepper flakes.
2. In a large skillet over medium heat, brown ground turkey until cooked through, about 7–10 minutes, breaking up any clumps with the back of a wooden spoon. Add spice mixture and sauté until well combined. Remove from heat.
3. Preheat oven to 400°F and line a large baking tray with parchment paper or aluminum foil. Arrange mini peppers in a single layer, cut-side up, close together.
4. Sprinkle with ground turkey mixture and shredded cheese. Bake 5–10 minutes, until cheese is melted.
5. Remove from oven and top with chopped tomatoes and any other desired toppings. Serve immediately.

For more information, please contact:

**Benteh Nuutah**

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**Wellness Center**

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Source: [asweetlife.org](http://asweetlife.org)

Nutrition Facts	
Serving Size (122g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 21g	
Vitamin A 6%	Vitamin C 6%
Calcium 8%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

