



Broccoli & Chive Stuffed Peppers

Yield: 12 sweet stuffed peppers

INGREDIENTS

12 miniature sweet peppers	2/3 cup finely chopped fresh broccoli
8 oz. Neuchatel Cheese, softened	¼ cup shredded cheese
1/3 cup minced fresh chives	1/8 tsp. salt
1 tsp. dried dill weed	1/8 tsp. pepper

DIRECTIONS

1. Preheat oven to 400°F. Wash hands. Cut peppers lengthwise; remove seeds.
2. In a bowl, mix cream cheese, chives, dill, salt, and pepper.
3. Rinse broccoli, chop finely. Add to cheese mixture.
4. Spoon cheese and broccoli mixture into each hollowed out pepper.
5. Place on a foil-lined baking sheet. Bake 9-11 minutes. Remove from oven, add cheese to the top of each stuffed pepper. Bake until cheese is melted, about 3 more minutes.
6. Remove from oven, cool slightly before serving.

Nutrition Facts per stuffed pepper: 80 calories, 3 g. protein, 5 g. total fat, (saturated fat 3 g), 6 g carbohydrates, 2 g dietary fiber, 95 mg sodium