



Jalapeño Swappers



1/5th of recipe (2 poppers): 50 calories, 0.5g total fat (0g sat. fat), 170mg sodium, 8.5g carbs, 3g fiber, 1.5g sugars, 5.5g protein

Prep: 30 minutes **Cook:** 30 minutes



Ingredients

1/2 cup Fiber One Original bran cereal
Dash each salt and black pepper, or more to taste
Dash garlic powder, or more to taste
1/4 cup fat-free cream cheese, room temperature
1/4 cup shredded fat-free cheddar cheese
5 jalapeño peppers, halved lengthwise, seeds and stems removed
1/4 cup fat-free liquid egg substitute

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

In a blender or food processor, grind cereal into crumbs. Transfer to a wide bowl and mix in seasonings.

In a small bowl, thoroughly mix cream cheese with shredded cheddar cheese. Evenly spoon and spread mixture into pepper halves.

Place egg substitute in another wide bowl. One at a time, coat pepper halves with egg substitute, shake to remove excess, and coat with crumbs. Evenly place on the baking sheet, stuffed sides up.

Bake until outside is crispy and pepper halves have softened, 25 to 30 minutes.

MAKES 5 SERVINGS

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