



## Pizza-Stuffed Jalapeño Poppers



[Click here for a video demo](#) !

1/4th of recipe (3 poppers with about 2 tbsp. dip): 118 calories, 3.5g total fat (2g sat. fat), 385mg sodium, 12g carbs, 2g fiber, 3.5g sugars, 9g protein

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**Prep:** 25 minutes    **Cook:** 30 minutes

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### Ingredients

1/2 cup whole-wheat panko breadcrumbs  
1 tbsp. grated Parmesan cheese  
1 tsp. Italian seasoning  
1 tsp. garlic powder  
1/3 cup light/low-fat ricotta cheese  
1/4 cup shredded part-skim mozzarella cheese  
1/8 tsp. each salt and black pepper  
12 slices turkey pepperoni, chopped  
6 jalapeño peppers, halved lengthwise, seeds and stems removed (see *HG Tip*)  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
1/2 cup canned crushed tomatoes

### Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a wide bowl, combine breadcrumbs, 1 tsp. Parm., 1/4 tsp. Italian seasoning, and 1/4 tsp. garlic powder. Mix well.

In a small bowl, combine ricotta cheese, mozzarella cheese, salt, and black pepper. Add 1/4 tsp. Italian seasoning, 1/4 tsp. garlic powder, and remaining 2 tsp. Parm. Mix well. Stir in chopped pepperoni.

Evenly spoon and spread mixture into the pepper halves.

Place egg whites/substitute in another wide bowl. One at a time, coat pepper halves with egg whites/substitute, shake to remove excess, and coat with breadcrumb mixture.

Evenly place on the baking sheet, stuffed sides up. Top with any remaining breadcrumbs.

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

In a medium microwave-safe bowl, combine tomatoes with remaining 1/2 tsp. Italian seasoning and 1/2 tsp. garlic powder. Mix well.

Microwave until hot, about 30 seconds.

Serve poppers with seasoned tomatoes for dipping.

MAKES 4 SERVINGS

**HG Tip:** Use a spoon to seed your jalapeños. When handling jalapeños, don't touch your eyes -- that pepper juice can STING. And wash your hands well immediately afterward.

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