



Beef Nachos

Ingredients:

- 1 ½ cups mini sweet peppers
- 6 oz. lean ground turkey or beef
- 2 tbsp. taco seasoning
- ¼ cup fresh mushrooms
- ¼ cup chopped green onions
- 1 large egg, slightly beaten
- Olive oil spray

Directions:

1. Preheat oven to 425°F.
2. Prepare sweet peppers by cutting off tops and cutting in half lengthwise. Clean out seeds.
3. Spray mist olive oil on a baking sheet cut side up. Mist the peppers lightly with the olive oil spray. Roast 10-12 minutes.
4. When finished roasting, remove from oven, and set pan aside.
5. Turn oven down to 350°F.
6. Meanwhile, pre-heat a skillet over medium/high heat. Add ground turkey or beef, taco seasoning, mushrooms, and green onions. Brown meat and vegetables together, stirring to cook through.
7. Drain off any fat, set meat mixture aside and cool.
8. In a large bowl, lightly beat one large egg. Pour into cooled meat mixture, mix. Fill the pepper halves with the meat mixture, stuffing them as neatly as possible. bake 15 minutes. Sprinkle with more taco seasoning and/or salt if desired.

Servings: makes 1 serving.

Servings: 7 oz lean protein, 2 cups select vegetables

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