



Jalapeno Poppers

Makes 24 poppers

Vegetable spray
12 large fresh jalapenos
¼ cup whole wheat flour
1 egg
1/3 cup plain dry bread crumbs
1 teaspoon salt-free all-purpose seasoning
8 ounces reduced fat cream cheese, softened
½ cup reduced fat cheddar cheese, shredded

- Preheat broiler.
- Lightly spray large baking sheet with vegetable oil spray.
- Wearing rubber gloves, cut the jalapenos in half vertically. Throw away the stems and seeds. Place the jalapenos with the cut side down on the baking sheet.
- Broil 2-inches from the heat for 3-4 minutes or until slightly charred. Using tongs, turn the jalapenos. Broil for 2-3 minutes or until tender crisp. Remove from the broiler.
- Put the egg in a shallow bowl, put the flour in a 2nd bowl. In a 3rd bowl, stir together the bread crumbs and all purpose seasoning.
- In a medium bowl, beat the cream cheese until smooth. Stir in the cheddar cheese.
- Preheat oven to 400°.
- Again, wearing rubber gloves, spoon about 1 Tablespoon of the cream cheese mixture in the jalapenos. Lightly coat both sides of each jalapeno with flour, then egg, then bread crumbs. Place stuffed side up on baking sheet. Spray the top of the jalapeno poppers with cooking spray.
- Bake 8 – 10 minutes. Cool 3-4 minutes before eating.

Recipe adapted from The New American Heart Association Cookbook.

Nutritional Information (per popper):

Calories: 44
Total fat: 2g
Saturated fat: 1g
Carbohydrates: 3g
Fiber: .85g
Protein: 2g