



Weight Loss Done Right!

Fiesta Beef Nachos

Ingredients:

- 2 C. (approx. 10) mini sweet peppers
- 2-3 T. Taco Seasoning
- 6 Oz. lean ground turkey or beef
- ¼ C. chopped fresh mushrooms
- ¼ C. chopped scallions
- 2 med. eggs (slightly beaten)
- Olive oil spray
- Nacho Cheese Pasta mix

Directions:

1. Preheat oven to 425 degrees.
2. Prepare sweet peppers by cutting off tops, cutting in half and cleaning insides.
3. Spray mist olive oil on a baking sheet; transfer peppers to baking sheet cut side up. Spray oil mist on peppers lightly and roast for 10-12 mins.
4. When finished roasting, remove from oven, set aside, and turn temp down to 350.
5. Meanwhile, preheat a skillet sprayed with olive oil over med/med high heat. Add ground turkey/beef, "The Diet Center" Nacho Cheese Pasta (Dry), mushrooms and scallions. Brown meat and veggies together, stirring to cook through. Drain off fat and fill peppers with the meat mixture.
6. In a small bowl, lightly beat eggs and slowly pour over each stuffed pepper, gently mix the egg and meat together.
7. Bake 15 mins. at 350 degrees and salt to taste.