



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
- Cover with Diet Right cheese sauce

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, taco seasoning, 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.