

# MACRO-FRIENDLY RECIPES

## MINI BELL PEPPER LOADED TURKEY NACHOS



Loaded mini bell pepper nachos – game changer!! These low-carb nachos are loaded with turkey taco meat, cheese and all your favorite nacho toppings!

### INGREDIENTS

- olive oil spray
- 1 lb 93% lean ground turkey
- 1 clove garlic, minced
- 1/4 onion, minced
- 1 tbsp chopped fresh cilantro or parsley
- 1 tsp garlic powder
- 1 tsp cumin powder
- 1 tsp kosher salt
- 1/4 cup tomato sauce
- 1/4 cup chicken broth
- 21 mini rainbow peppers, halved and seeded (about 13 oz seeded)
- 1 cup sharp shredded Cheddar cheese
- 2 tbsp light sour cream, thinned with 1 tbsp water
- 2 tbsp sliced black olives
- 1 jalapeno, sliced thin (optional)
- chopped cilantro, for garnish

### DIRECTIONS

Preheat oven to 400F and line a large baking tray with parchment or aluminum foil. Lightly spray with oil.

Spray oil in a medium nonstick skillet over medium heat.

Add onion, garlic and cilantro and saute about 2 minutes, add ground turkey, salt, garlic powder, cumin and cook meat for 4 to 5 minutes until meat is completely cooked through. Add 1/4 cup of tomato sauce and chicken broth, mix well and simmer on medium for about 5 minutes, remove from heat.

Meanwhile, arrange mini peppers in a single layer, cut-side up close together.

Fill each with cooked ground turkey mixture, then top with shredded cheese and jalapeno slices, if using.

Bake 8 to 10 minutes, until cheese is melted.

Remove from oven and top with black olives, sour cream and cilantro. Serve immediately.



### NUTRITION INFORMATION

Serving Size: 7 nachos (yields 6 servings for recipe)

Per serving:  
Calories: 187  
Total Fat: 11g  
Carbohydrate: 6.5g  
Dietary Fiber: 1g  
Sugar: 0.5g  
Protein: 18g

Cholesterol: 62mg  
Sodium: 418mg

Resource: [skinnytaste.com](http://skinnytaste.com)

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