

Eat Well Recipe

Red & Green Bell Pepper Bites

Ingredients:

- 1 medium green bell pepper
- 1 medium red bell pepper
- ¼ cup of sliced almonds
- 4 ounces of fat-free cream cheese, softened
- 1 tsp. of lemon pepper seasoning blend
- 1 tsp. fresh lemon juice

-Cut each bell pepper in half lengthwise. Cut each half into six pieces.

-In a skillet, dry-roast the almonds over medium heat until golden brown. Transfer 1 tbs. of almonds aside for garnishing and place the rest in a blender for 15 -20 seconds.

-In a mixing bowl, beat the cream cheese, lemon pepper seasoning blend, & lemon juice until creamy. Add the ground almonds and beat until combined.

-Spoon about 1 tsp. of mixture onto each bell pepper piece. Garnish with sliced almonds and ENJOY!

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed

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