

Jalapeno Poppers

Makes 24 Poppers

12 Jalapeno cut in half lengthwise and seeded
1/4 cup shredded 2% cheddar cheese
3 oz. fat free cream cheese
1/2 cup part skim ricotta cheese
Pinch salt
1/4 t cumin
1 t onion powder
pinch t chili powder
2/3 cup whole wheat flour
1 egg
1 T skim milk
1 cup bread crumbs



Preheat oven to 350°F. Mix together cheddar, cream cheese, ricotta, salt, cumin, onion powder, and chili powder. Fill each jalapeno half with about 1.5 T of cheese filling. In a small bowl mix together egg and milk. Place flour, egg and milk, and bread crumbs in three separate bowls. Roll each popper in flour, then submerge in eggwash, and coat in bread crumbs. Place breaded poppers on a foil-lined pan. Bake poppers for 30 minutes.

Nutrition information per serving (4 poppers): 140 calories, 4g fat, 10g protein, 280mg sodium, 2g dietary fiber. Excellent source of vitamin C and Calcium.

Recipe adapted from Foodtv.com and Emeril Lagasse

