

Guacamole and Bacon Stuffed Peppers



Serves 6

Ingredients:

- 1 pound mini bell peppers
- 2 ripe avocados
- 1 lime, juiced
- 1/2 handful cilantro, chopped
- 1 teaspoon chili garlic or hot sauce
- salt, to taste
- 8 ounces bacon, cooked and chopped

Adapted from Health-Bent.com

Instructions:

1. Preheat your oven to 350°F.
2. Prepare the peppers by removing the stems, then cutting the peppers in half lengthwise. Pull out the white membrane and seeds. Place the peppers on a baking sheet and bake until tender, about 10 minutes. Alternatively, you could leave the peppers raw.
3. Meanwhile, assemble the guacamole by mashing together the avocados, lime juice, cilantro, hot sauce, and salt.
4. Use a small spoon to fill the peppers with guacamole. Top with bacon crumbles.

Nutrition per serving: Calories 145; Total Fat 10.9 g; Saturated Fat 2.2 g; Monounsaturated Fat 6.1 g; Polyunsaturated Fat 1.5 g; Total Carbohydrates 8.5 g; Dietary Fiber 4.0 g; Sugar Alcohols 0.1 g; Sugars 3.3 g; Protein 5.1 g; Sodium 231 mg