



Pepper Poppers

Ingredients:

- 1 lb. small peppers of choice (*bell, jalapeño, cayenne*)
- 8 oz. cream cheese or refried beans
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1 teaspoon salt
- 1/2 teaspoon pepper
- Chopped tender herbs (*cilantro, parsley, basil*)
- 1/4 cup panko bread crumbs (optional for crunchy topping)

Instructions:

1. Preheat the oven to 400°F.
2. Cut peppers in half lengthwise, removing the seeds and membranes. *NOTE: If working with spicy peppers, wear gloves to limit skin and eye contact with spicy pepper seeds and juice. Wash hands thoroughly after.*
3. Mix together filling base (cream cheese or refried beans), garlic powder, cumin, salt, black pepper and chopped herbs.
4. Fill the peppers with the mixture. Optionally, top with panko breadcrumbs for a crunchier popper.
5. Bake for 10-13 minutes or until heated through and the peppers are soft.
6. Best served right away!

Serves 4.