

STUFFED JALAPENOS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 15 (Serving= 1 stuffed jalapeno)

Nutrition (per serving)

Calories: 105

Total Fat: 4 g

Saturated Fat: 2 g

Sodium: 229 mg

Total Carbohydrate: 2 g

Dietary Fiber: 1 g

Protein: 14 g



Ingredients

- 15 jalapeno peppers
- 1 pound extra lean ground turkey breast
- 1 (10 ounce) box, frozen chopped spinach, defrosted with liquid squeezed out
- 1 (8 ounce) 1/3 less fat cream cheese or "Neufchatel"
- 1 ½ teaspoon dried sage
- 15 strips lean turkey bacon



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Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. While leaving the stem on, make a small slit below the stem across the top and towards the tip at the bottom of the jalapeno. Cut lengthwise between the two slits. Take a spoon and scrape out seeds and membrane, while still trying to keep the jalapeno intact.
3. In a medium skillet, brown turkey on medium-high, breaking into small pieces. Mid-way through, add spinach, cream cheese and sage. Cook until turkey is no longer pink and all ingredients thoroughly combined.
4. Take cooked ingredients and stuff inside jalapeno.
5. Wrap a slice of turkey bacon around middle of stuffed jalapeno and bake for 15-20 minutes.