

Mixed Chile Poppers

Taste of Summer | July/August 2008



Serve these seasoned peppers as appetizer bites.

PREP: 25 MINUTES BAKE: 20 MINUTES COOL: 5 MINUTES OVEN: 375°

- 1/2 OF AN 8-OZ. PKG. CREAM CHEESE, SOFTENED**
- 1/3 CUP GRATED PARMESAN CHEESE**
- 1 CLOVE GARLIC, MINCED**
- 2 TBSP. SNIPPED FRESH HERBS, SUCH AS CILANTRO, BASIL, TARRAGON, OREGANO, CHIVES, THYME, SAGE, AND/OR ROSEMARY**
- 1/8 TSP. FRESHLY GROUND BLACK PEPPER**
- 10 SMALL FRESH JALAPEÑO, SERRANO, AND/OR MINIATURE SWEET PEPPERS (ABOUT 8 OZ. TOTAL)**

In a small bowl beat cream cheese with an electric mixer until smooth. Beat in Parmesan cheese, garlic, herbs, and black pepper until combined.

Cut a slit lengthwise down 1 side of each pepper to create a pocket, being careful not to cut the pepper in half. Leave stem intact and remove seeds and veins.* Fill each pepper with some of the cream-cheese mixture.

Place filled peppers on an ungreased baking sheet. Roast in a 375° oven about 20 minutes or until peppers are soft and cheese begins to brown. Cool 5 minutes before serving. Makes 5 appetizer servings.

***NOTE:** Hot peppers contain oils that can burn eyes, lips, and sensitive skin, so wear plastic gloves while preparing them. Be sure to wash your hands thoroughly afterward.

Per popper: 59 cal., 5 g total fat (3 g sat. fat), 15 mg chol., 75 mg sodium, 2 g carbo., 1 g dietary fiber, 2 g protein.