

Chorizo Stuffed Peppers

Peppers stuffed with Chorizo, Onions & Cheese. Served with a Spicy Dip

These... are... amaaaazing! There's a lot of prep involved, but it's so incredibly worth it. When I was looking through pictures of Spanish Tapas, I saw these and fell in love, I had to try them. For folks not familiar with mini peppers... they aren't hot, they are little teeny bell peppers, which you can find in the produce aisle. I veer away from traditional Spanish recipes by using my low point and calorie Chorizo recipe. I also use fat free Feta cheese instead of mexican cheese, because it's lower in points, and instead of mayo for the dip, we're using fat free Greek Yogurt mixed with Mexican hot sauce (like Cholula).

Servings Info.:

Yield: 33 peppers**

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Serving Size: 1 Pepper



Range

0-0

- last checked 01/05/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.



Ingredients:

- 1 pound batch of my Low Point ground turkey Chorizo. Recipe can be found in "Cookbook: Volume 1", page 26.
- (1) 32oz bag multi colored mini peppers
- 1/4 cup reduced fat feta cheese crumbles (*in the meat*)
- 3/4 cup finely diced onion (*in the meat*)
- 2 Tbsp fat free feta cheese crumbles (*for garnish*)
- thin sliced green onion (*for garnish*)

Mexican Hot Sauce Dip:

- 1 cup plain fat free Greek yogurt
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 1-1/2 Tbsp of Mexican Hot Sauce (*like Cholula or Tapatio*)

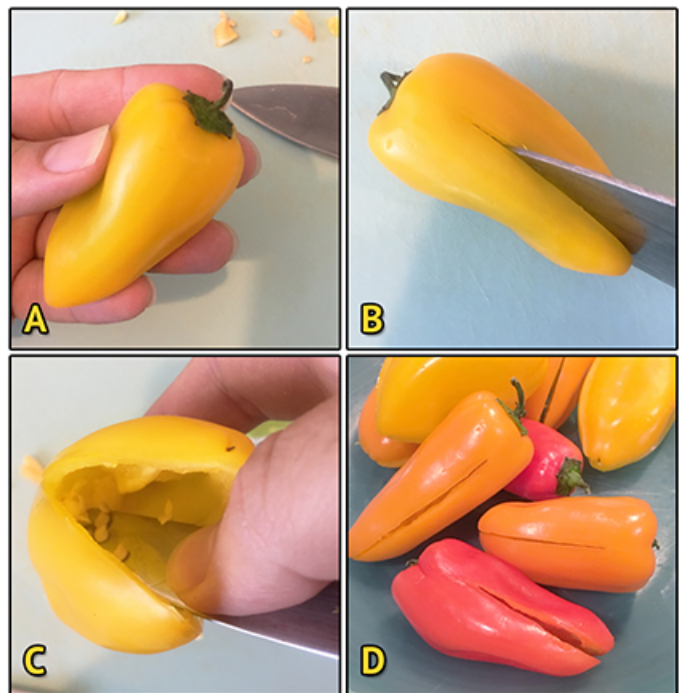
Directions:

1. First... the filling. You'll be making a batch of my ground turkey chorizo, but with 2 changes: Season the meat according to the regular recipe, but, mix 1/4 cup of feta cheese crumbles and 3/4 cup diced onion. Mix until well combined, then cover with plastic wrap and set aside.



2. Though I purchased a large bag of mini peppers at the store, you may have to buy multiple smaller bags, depending on what your local store carries. Remember, these aren't spicy, they are little bell peppers.

3. (A) Take all of your peppers out and then wash and dry them. You are NOT allowed to get E-Coli when cooking my food... this isn't Chipotle. (B) Use a sharp knife to carefully slice 3/4 of the way through each pepper. (C) Use a butter knife, thin spoon, or any preferred kitchen tool, to scoop the seeds out of every pepper. You don't have to get all of the vein out also, though you can if you want. This is the time consuming step. (D) When you are done, move on to the next step, or store the peppers in a ziplock bag overnight, but put a paper towel inside the bag.





4. Take your Chorizo mixture and use a Tablespoon measuring spoon to scoop out an even 1 tablespoon of meat. Use your fingers to pinch the back ends of the pepper, to open it wide enough to stuff the meat inside. Press the 2 halves of the pepper together to squish the filling and make as small of a seam as possible. Then preheat your oven to 425 degrees, placing 1 of your oven racks at the top position, right under your broiler.



5. Line a large sheet pan with foil, then spray with cooking spray. Place all of your peppers on the tray, then coat the ever-livin bajeezus out of them with cooking spray. Pretend you're applying spray-tan. (A) Bake for 10 minutes at 425 degrees, on the top rack. (B) When they have baked for 10 minutes, turn on your oven's BROILER to High. Broil the peppers on the top rack for 2 minutes, then carefully rotate the pan and BROIL for an additional 1-2 minutes, until they are lightly charred. Remove from oven. You're aaaaalmost done.
6. Now, let's make the dip, it's ridiculously easy. In a bowl, mix together all of the sauce ingredients till well combined. Add more hot sauce if desired. Eat.



NOTES:

- A) You can make an Italian version of these peppers by using Italian Sausage recipe instead of the Chorizo. Instead of garnishing with feta cheese crumbles and green onion, use parmesan cheese and chopped basil. Serve with your favorite marinara sauce, as a dip.
- B) The 14-15 minute cook time doesn't sound like a lot, but it DOES cook the meat all the way through because of the high heat. Also, 1 tablespoon of meat filling per pepper doesn't sound like a lot, but it's perfect. Trust me.
- C) Your actual points per serving, will vary by how many peppers you make. My chorizo filling made 33 peppers.

