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**Stuffed Peppers**

Ingredients

6 min sweet peppers sliced in half, seeds and membranes removed

4 oz cream cheese

2 tablespoons green onions, sliced

4 slices of bacon, cooked and crumbled

2 mL garlic powder

125 ml grated cheddar cheese

5 ml Worcestershire Sauce

Method:

1. Preheat oven to 400 degrees. Spray a cookie sheet with nonstick cooking spray and set aside.
2. In a small bowl, beat together the cream cheese, green onions, bacon, garlic powder, cheddar, and worcestershire sauce with an electric mixer until smooth.
3. Fill the sliced peppers with the filling, about a heaping tablespoon each. Place on prepared cookie sheet, then sprinkle each pepper with a little extra cheese. Bake in the preheated oven for 10-12 minutes until cheese is melted and bubbly and peppers have softened.
4. Allow to cool slightly before eating. Sprinkle with a little chopped cilantro if desired. Enjoy!