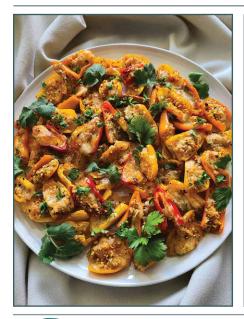


## CHEESY BAKED PEPPER POPPERS



## Ingredients

I lb mini sweet bell peppers (or jalapeño peppers)

6 oz / 1 ½ cups cheese (grated cheddar or mozzarella, or use soft goat cheese or cream cheese)

1/3 cup panko breadcrumbs

2 tbsp all-purpose flour

I tbsp oil or melted butter

I tbsp tomato paste (or chili sauce / tomato sauce)

I tbsp garlic, minced

I tbsp lime juice

I tsp lime zest

I tsp dried parsley

½ tsp ground paprika

½ tsp onion powder

½ tsp red pepper flakes

¼ tsp ground black pepper

¼ tsp salt

1/4 cup fresh herbs, chopped (cilantro or parsley)



## Instructions

Servings 4 Prep Time
20 mins

Bake Time 20 mins Total Time 40 mins

- I. Preheat the oven to 375° F / 190° C / Gas Mark 5.
- 2. Line a baking tray or roasting pan with baking parchment or foil. Set aside.
- 3. Wash all the peppers, remove the tops, and slice them in half lengthwise. Set aside.
- 4. Prepare the cheese. If using a harder cheese, grate the cheese, then set aside. No grating is necessary for a softer cheese, but try to use soft cheeses at room temperature.
- 5. Mince the garlic, and zest and juice the lime.
- 6. Make the breadcrumb mixture: To a mixing bowl, add the minced garlic, lime zest, lime juice, breadcrumbs, flour, oil or butter, tomato paste, herbs and spices. Mix well.
- 7. Add the cheese to the breadcrumb mixture and combine until thoroughly mixed. If using a softer cheese this will turn into a paste (that is fine).
- 8. One by one, fill the sliced peppers with a spoonful of the cheesy breadcrumb mixture. Lay the cheese-filled peppers face-up on your prepared baking tray.
- 9. Baked the peppers at 375°F for 20 minutes, until the cheese is melted and slightly browned.
- 10. Remove the peppers from the oven and serve them right away with chopped fresh herbs. Enjoy!