



## CHEESY BAKED PEPPER POPPERS



### Ingredients

1 lb mini sweet bell peppers (or jalapeño peppers)	1 tbsp lime juice
6 oz / 1 ½ cups cheese (grated cheddar or mozzarella, or use soft goat cheese or cream cheese)	1 tsp lime zest
½ cup panko breadcrumbs	1 tsp dried parsley
2 tbsp all-purpose flour	½ tsp ground paprika
1 tbsp oil or melted butter	½ tsp onion powder
1 tbsp tomato paste (or chili sauce / tomato sauce)	½ tsp red pepper flakes
1 tbsp garlic, minced	¼ tsp ground black pepper
	¼ tsp salt
	¼ cup fresh herbs, chopped (cilantro or parsley)



### Instructions

Servings  
4

Prep Time  
20 mins

Bake Time  
20 mins

Total Time  
40 mins

1. 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!