

Grilled Stuffed Mini Bell Pepper



INGREDIENTS

8 mini bell peppers, rinsed and cut in half lengthwise (remove any seeds)

1 tablespoon lime juice

1 tablespoon chopped cilantro

1 green onion, chopped

3 ounces reduced fat cream cheese, softened

3 tablespoons light sour cream

Salt, pepper

Cooking spray

DIRECTIONS

1. Heat grill or grill pan to medium-high heat.

2. In a small bowl combine reduced fat cream cheese, light sour cream, lime juice, cilantro, and green onion.

3. Lightly salt and pepper each pepper, then scoop a small amount of filling in each.

4. Spray the grill pan or grill rack with non-stick cooking spray, then place the peppers on the grill and cook for about 7-8 minutes, or until the bottoms of the peppers have a nice char to them.