

Pop 'Til Ya Drop

Recipe courtesy of *Hungry Girl*

momlogic.com

Ingredients:

5 whole, fresh jalapenos

1/4 cup fat-free cream cheese

1/4 cup shredded fat-free cheddar cheese

1/2 cup Fiber One cereal

1/4 cup Egg Beaters, Original

Optional: salt, pepper and/or garlic powder

Directions:

Preheat oven to 350 degrees. Halve the jalapenos lengthwise, and remove the seeds, stems, and membranes (Hungry Girl Heads Up: Be VERY careful when handling jalapenos; wash hands frequently and well, and avoid touching your face and eyes). Wash halves and dry them very well; set aside. Next, stir to combine cream cheese and cheese shreds. If desired, season cheese mixture with salt, pepper, and/or garlic powder. Using a blender, grind Fiber One to a breadcrumb-like consistency. If you like, season crumbs with salt, pepper, and/or garlic powder. Place crumbs in one small dish and Egg Beaters in another. Stuff each pepper half with cheese mixture.

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Directions:

Next, carefully coat both sides of each pepper half with Egg Beaters, and then with Fiber One crumbs. Place peppers on a baking pan sprayed with nonstick spray, and place in oven. Cook for 25 minutes (for very spicy poppers) to 30 minutes (medium-hot poppers). Makes 10 poppers.

Serving Size: 5 poppers

Calories: 124

Fat: 1g