

## Red and Green Bell Pepper Bites



- Serves: 8; 3 pieces per serving

### Ingredients

1 medium green bell pepper  
1 medium red bell pepper  
1/4 cup sliced almonds  
4 ounces fat-free or reduced-fat cream cheese, softened  
1 teaspoon no-salt lemon pepper seasoning blend  
1 teaspoon fresh lemon juice

### Nutrition Analysis

Calories per serving	39
Total Fat	1.5g
Saturated Fat	0.0g
Trans Fat	0.0g
Polyunsat Fat	0.5g
Monounsat Fat	1.0g
Cholesterol	3mg
Sodium	71mg
Carbohydrates	3g
Fiber	3g
Sugar	2g
Protein	3g
Dietary Exchange	1/2 fat

### Cooking Instructions

Cut each bell pepper in half lengthwise; discard the stems, ribs and seeds. Cut each half into six pieces. Arrange the pieces with the skin side down on a decorative serving platter. Set aside.

In a medium skillet, dry-roast the almonds over medium heat for 3 to 4 minutes, or until golden brown, stirring occasionally. Transfer 1 tablespoon of the almonds to a small plate and reserve for garnishing. Process the remaining almonds in a food processor or blender for 15 to 20 seconds, or until finely ground.

In a medium mixing bowl, beat the cream cheese, lemon pepper seasoning blend, and lemon juice with an electric mixer for 1 to 2 minutes, or until creamy. Add the ground almonds and beat for 10 seconds, or until combined. Spoon the mixture into a piping bag fitted with a wide star or round tip. Or snip the corner off a resealable plastic bag (a plastic freezer bag works well) and spoon in the mixture. Pipe about 1 teaspoon of the mixture onto each bell pepper piece. Garnish with the sliced almonds.

### Cook's Tip

**Flavorful toasted almonds and zesty lemon-pepper contrast nicely with crisp bell pepper pieces in this festive appetizer.** This recipe is brought to you by the American Heart Association's free Choose To Move program for women. Recipe copyright © 2006 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere.