

# Jalapeño Poppers

## Diabetes Friendly

**Items Needed:** cutting board, knife, measuring cups, measuring spoons, fork, baking dish

**Serves:** 6

### Ingredients:

- 12 jalapeños
- 1/3 cup cream cheese, fat free
- 1/3 cup beans
- 1/3 cup cheddar cheese, low fat
- 2 tbsp chives, chopped
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tbsp panko bread crumbs
- Cooking oil spray

### Directions:

1. Cut jalapeños in half lengthwise, cutting out the white pith and the seeds
2. Lie jalapeños on a baking sheet/dish with cut side up
3. Preheat oven to 400°F
4. In a medium bowl, add cream cheese, beans, cheddar cheese, chives, garlic powder, onion powder, salt and ground black pepper, mixing well, smashing beans into cheeses
5. Take ~1 tbsp of mix and fill in each jalapeño half, lying back on sheet tray with filling side up
6. Once jalapeños are filled, sprinkle with panko breadcrumbs and spray with cooking oil spray
7. Bake for 15 minutes until filling is warm, peppers are soft and breadcrumbs are golden brown
8. Optional - for last two minutes of cooking, poppers can be broiled on low for 2 minutes to make top golden brown and crunchy

### Nutrition Information (per 4 poppers):

Calories: 51 Fat: 1 g Carbs: 6 g Protein: 5 g Fiber: 2 g Sodium: 205 mg

<https://wexnermedical.osu.edu/nutrition-services>

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