



Pepper Nachos

YIELDS: 10 servings

PREP TIME: 10 minutes

Ingredients

- 1 red pepper
- 1 yellow pepper
- 1 green pepper
- 2 avocados
- 2 tomatoes
- 125 mL (½ cup) Plain Greek yogurt
- 125 mL (½ cup) Cheddar cheese
- 2.5 mL (½ tsp) of cumin or chili powder (optional)

EQUIPMENT: 4 cutting boards | cheese grater | 4 knives | 2 spoons | large plate for serving | small plates for sampling

Directions

1. Thoroughly wash all produce under cool running water.
2. Cut the pepper into small triangles, discard all seeds.
3. Grate the cheddar cheese.
4. Cut the avocado in half, remove the pit and carefully scoop out the green part, cut into small pieces, and add to the pepper triangle.
5. Chop the tomatoes into small pieces and add to the pepper triangle.
6. Add about 15 mL (1 tbsp) of plain Greek yogurt to each pepper triangle.
7. Optional: For extra zip, stir cumin or chili powder into the Greek yogurt.
8. Sprinkle each triangle with cheddar cheese.

CHEF'S TIP: Salsa is a great addition to this veggie-packed snack!



Figure 1: Pepper Nacho snacks