

# Jalapeño Poppers\*

Servings: 16 | Prep/cook time: 45 minutes

## Ingredients:

- 4 sprays Olive oil cooking spray
- ½ cup reduced fat cheddar cheese, shredded
- ¼ cup reduced fat whipped cream cheese
- 1 tbsp. reduced fat mayonnaise
- 8 small jalapeño peppers
- 1 large egg, beaten
- 7 tbsp. cornflake crumbs



## Directions:

1. Preheat the oven to 350°F. Coat a large baking sheet with cooking spray.
2. In a medium bowl, combine the cheddar cheese, cream cheese, and mayonnaise; mix well and set aside. Halve the peppers lengthwise and remove the seeds; fill the peppers with the cheese mixture. (Oil and seeds from the peppers can be irritating—keep your fingers away from your eyes.)
3. Place the beaten egg in a shallow dish. Place the cornflake crumbs in a separate shallow dish. Dip the stuffed peppers into the beaten egg and then roll them in cornflake crumbs to coat.
4. Transfer the peppers to the prepared baking sheet and then coat with cooking spray. Bake until the filling is bubbly and the outside begins to brown, about 30 minutes. Serve hot.

Serving size: 1 popper

\*This recipe comes from WeightWatchers. 1 Points® per serving.