



Bell Pepper Boats

Directions:

1. Cut each bell pepper in half lengthwise; discard the stems, ribs and seeds. Cut each half into six pieces.
2. In a medium skillet, dry-roast the almonds over medium heat for 3 to 4 minutes, or until golden brown, stirring occasionally. Reserve 24-48 almond slices for garnish.
3. Process the remaining almonds in a food processor or blender for 15 to 20 seconds, or until finely ground.
4. 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 until combined.
5. Spoon the mixture into a resealable plastic bag (a freezer bag works well) and cut a corner off to pipe the mixture. You can also use a piping bag if you have one. Pipe about 1 teaspoon of the mixture onto each bell pepper piece. Garnish with the sliced almonds.

Nutrition Facts: 39 cal, 1.5 g fat, 3 g pro, 3 g carb, 71 mg Na+, 1 g fiber

Ingredients:

- 1 green bell pepper
- 1 red bell pepper
- 1/4 cup unsalted sliced almonds
- 4 oz fat free cream cheese (softened)
- 1 teaspoon salt free lemon pepper seasoning
- 1 teaspoon fresh lemon juice

Yield: 8 servings

Time: 20 minutes