

Pepper Nachos

Ingredients

YIELDS: 10 servings PREP TIME: 10 minutes

- 1 of each: red, yellow, green pepper
- 2 avocados
- ½ cup (125mL) Plain Greek yogurt
- 2 tomatoes
- ½ cup (125mL) Cheddar cheese



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

Directions

- 1) Thoroughly wash all produce under cool running water.
- 2) Grate the cheddar cheese.
- 3) Cut the pepper into small triangles, discard all seeds.
- 4) Add plain Greek yogurt to each pepper triangle.
- 5) Cut the avocado in half, carefully scoop out the green part, cut into small pieces, and add to the pepper triangle.
- 6) Chop the tomatoes into small pieces and add to the pepper triangle.
- 7) Sprinkle each triangle with cheddar cheese.

Chef's Tip



Salsa is a great addition to this veggie-packed snack!

Let's Get Cookin'!

