

Quick Stuffed Mini Peppers



Need a quick and satisfying PM snack that's simple to prepare? These mini bell peppers stuffed with creamy goat cheese are the perfect choice. They're easy to personalize with various toppings, packed with flavour, and take just a few seconds to put together—making them ideal for busy afternoons! You can also switch it up with other veggies like cucumbers, celery, or even baby carrots.

Preparation 1 min
Cooking 0 min
Servings 1
Nutrition Facts (per serving)
Calories 90
Fat 5
Carbohydrates 6
Fibre 2
Protein 6
Sodium 110

Ingredients

- 2 mini bell peppers, sliced in half lengthwise, deseeded
- 30 ml (2 tbsp) low-fat goat cheese, spreadable (12% M.F.)
- 2.5 ml (½ tsp) poppy seeds, to taste
- 2.5 ml (½ tsp) sesame seeds, to taste

Preparation

1. Spread the goat cheese evenly onto each bell pepper half.
2. Sprinkle with poppy seeds, sesame seeds, or your choice of toppings.

Notes

Store in the refrigerator for up to 4 days. This recipe cannot be frozen.

You can vary the toppings by using sumac, chili flakes, fresh herbs, Tajín, or other spices to suit your taste.



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