



Big Blue Buffalo Jala' Poppers



1/4th of recipe (3 poppers): 106 calories, 3.5g total fat (2g sat. fat), 639mg sodium, 14g carbs, 4.5g fiber, 4.5g sugars, 6.5g protein

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Prep: 25 minutes **Cook:** 30 minutes



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Ingredients

4 wedges [The Laughing Cow Light Creamy Swiss cheese](#)
2 tbsp. Frank's RedHot Original Cayenne Pepper Sauce, divided
3 tbsp. crumbled blue cheese
6 fresh whole jalapeño peppers
1/2 cup [Fiber One Original bran cereal](#)
1/4 tsp. onion powder
1/4 tsp. garlic powder
Dash cayenne pepper
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute

Directions

Preheat oven to 350 degrees. Spray a large baking sheet with nonstick spray.

In a small bowl, thoroughly mix cheese wedges with 1 tbsp. hot sauce. Stir in blue cheese.

Halve the peppers lengthwise, and remove the seeds, stems, etc. Spoon and spread the cheese mixture into the pepper halves.

In a blender or food processor, grind cereal to a breadcrumb-like consistency. Transfer to a plate, and stir in seasonings.

In a shallow bowl, mix egg with remaining 1 tbsp. hot sauce. One at a time, gently coat pepper halves with egg mixture, shake to remove excess, and coat with crumbs. Evenly place on the baking sheet.

Bake until the coating is crispy and the pepper halves have softened, 25 - 30 minutes.

MAKES 4 SERVINGS

HG Tip! Be very careful when handling jalapeño peppers. Avoid touching your eyes, and wash your hands frequently.

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