

Support Group Minutes 3/8/18

- Recipes for Mini Bell Pepper Loaded Turkey Nachos and Healthy Snack Ideas (recipes below)
- Pampering Day
 - Mary Kay facials, Satin Hands
 - Mini massages
- Nascobal representative did a quick presentation

Recipes

Mini Bell Pepper Loaded Turkey "Nachos"

Ingredients:

- olive oil spray
- 1 lb 93% lean ground turkey
- 1 clove garlic, minced
- 1/4 onion, minced
- 1 tbsp chopped fresh cilantro or parsley
- 1 tsp garlic powder
- 1 tsp cumin powder
- 1 tsp kosher salt
- 1/4 cup tomato sauce
- 1/4 cup chicken broth
- 21 mini rainbow peppers, halved and seeded (about 13 oz seeded)
- 1 cup sharp shredded Cheddar cheese
- 2 tbsp light sour cream, thinned with 1 tbsp water
- 2 tbsp sliced black olives
- 1 jalapeno, sliced thin (optional)
- chopped cilantro, for garnish

Directions:

1. Preheat oven to 400F and line a large baking tray with parchment or aluminum foil. Lightly spray with oil.
2. Spray oil in a medium nonstick skillet over medium heat.
3. Add onion, garlic and cilantro and saute about 2 minutes, add ground turkey, salt, garlic powder, cumin and cook meat for 4 to 5 minutes until meat is completely cooked through. Add 1/4 cup of tomato sauce and chicken broth, mix well and simmer on medium for about 5 minutes, remove from heat.
4. Meanwhile, arrange mini peppers in a single layer, cut-side up close together.
5. Fill each with cooked ground turkey mixture, then top with shredded cheese and jalapeno slices, if using.
6. Bake 8 to 10 minutes, until cheese is melted.
7. Remove from oven and top with black olives, sour cream and cilantro. Serve immediately.

Nutrition Information

Yield: 6 servings, Serving Size: 7 nachos

- Amount Per Serving:
- Freestyle Points: 5
- Points +: 5
- Calories: 187 calories
- Total Fat: 11g

- Saturated Fat: g
- Cholesterol: 62mg
- Sodium: 418mg
- Carbohydrates: 6.5g
- Fiber: 1g
- Sugar: 0.5g
- Protein: 18g

Who doesn't love a quick and easy snack idea? We are always looking for more fun, tasty and healthy recipes, especially when it comes to snacks. See below for 10 yummy ways to incorporate healthy snacks into your diet.

Nutritional Information

Snack Ideas

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| <p>1. Spicy Cucumber Slices
 Ingredients: ½ cucumber, peeled and sliced, ¼ cup of reduced fat feta cheese, juice of ½ lemon, 1 tsp. olive oil, chili powder, sea salt and pepper to taste
 Directions: Slice cucumber and top with feta cheese, lemon juice, oil, chili powder, salt and pepper.</p> | <p>106 calories, 7 g protein</p> |
| <p>2. Frozen Blueberry Yogurt Bites
 Ingredients: 25 blueberries; ¾ cup plain nonfat Greek yogurt; ¼ tsp. vanilla extract
 Directions: Add vanilla to yogurt and stir. Spear a blueberry with a toothpick (don't poke all the way through) and dip blueberry in yogurt so that berry is covered. Ease onto a cookie sheet covered in wax paper using fork or finger.
 Freeze for at least 1 hour, then remove and place in a sealed container. Store frozen.</p> | <p>128 calories, 19 g protein</p> |
| <p>3. Salted Edamame
 Ingredients: ½ cup shelled edamame with salt
 Directions: Steam edamame on stove or in microwave. Sprinkle with salt.</p> | <p>120 calories, 13 g protein</p> |
| <p>4. Nectarine Wrapped in Arugula and Prosciutto
 Ingredients: 1 nectarine, 8 - 12 pieces of arugula, 2 slices of prosciutto, and black pepper</p> | <p>146 calories, 9 g protein</p> |

Directions: Cut nectarine into 4 slices. Wrap each slice with 2- 3 pieces of arugula and ½ slice of prosciutto. Sprinkle each with black pepper to taste.