

# Pepper Nachos

## Ingredients

YIELDS: 10 servings    PREP TIME: 10 minutes

- 3 assorted coloured peppers (red, yellow, orange or green)
- ½ cup (125mL) Cheddar cheese
- 2 avocados
- 2 roma tomatoes
- ½ cup (125mL) Plain Greek yogurt
- ½ tsp of cumin or chili powder (optional)



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) Cut the pepper into triangles (to look like a nacho chip), discard all seeds.
- 3) Grate the cheddar cheese.
- 4) Cut the avocado in half, carefully scoop out the green part and cut into small pieces.
- 5) Chop the tomatoes into small pieces.
- 6) Optional: For extra zip, stir cumin or chili powder into the Greek yogurt.
- 7) Assemble the nachos! Add a dollop of Greek yogurt to each pepper triangle. Top each triangle with pieces of avocado and tomato and then sprinkle with grated cheese.

### Chef's Tip



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

*Let's Get Cookin'!*

