

HEART-HEALTHY* WALNUT RECIPE

Herbed Cheese & Walnut Stuffed Mini Peppers

These Herbed Cheese & Walnut Stuffed Mini Peppers are an easy make-ahead snack to keep you fueled all day.



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Recipe by Crowded Kitchen

INGREDIENTS

- 1 C Cottage cheese, 2% milkfat
- ½ C California walnuts, chopped
- 2 Tbsp Italian seasoning
- ⅓ tsp Salt
- 8 Mini sweet peppers, sliced in half lengthwise

PREPARATION: 10 minutes **COOK:** 0 minutes

TOTAL TIME: 10 minutes **SERVINGS:** 4

DIRECTIONS

1. Combine cottage cheese, walnuts, dried herbs, and salt in a bowl.
2. Fill each pepper with cottage cheese mixture.
3. Serve immediately or store in an airtight container in the fridge until ready to eat. These are best enjoyed within 24 hours of preparation.



Nutrition Information Per Serving: 172 calories, 11g total fat, 1g saturated fat, 6mg cholesterol, 237mg sodium, 10g carbohydrates, 3g dietary fiber, 5g total sugars 5g, 9g protein

*California walnuts are certified by the American Heart Association.® Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts offers 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

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Visit walnuts.org for the latest walnut health research and delicious recipes.**