

# Red and Green Bell Pepper Boats

## INGREDIENTS:

- 1 medium green bell pepper
- 1 medium red bell pepper
- 1/4 cup sliced almonds
- 4 ounces low-fat cream cheese, softened
- 1 teaspoon salt-free lemon pepper seasoning blend
- 1 teaspoon fresh lemon juice

## DIRECTIONS:

Cut each bell pepper in half lengthwise; discard the stems, ribs, and seeds. Cut each half into six pieces. Arrange the pieces with the skin side down on a decorative serving platter. Set aside.

In a medium skillet, dry-roast the almonds over medium heat for 3 to 4 minutes, or until golden brown, stirring occasionally. Transfer 1 tablespoon of the almonds to a small plate and reserve for garnishing. Process the remaining almonds in a food processor or blender for 15 to 20 seconds, or until finely ground.

In a medium mixing bowl, beat the cream cheese, lemon pepper seasoning blend, and lemon juice with an electric mixer for 1 to 2 minutes, or until creamy. Add the ground almonds and beat for 10 seconds, or until combined.

Spoon the mixture into a piping bag fitted with a wide star or round tip. Or snip the corner off a resealable plastic bag (a plastic freezer bag works well) and spoon in the mixture. Pipe about 1 teaspoon of the mixture onto each bell pepper piece. Garnish with the sliced almonds.

***NUTRITION ANALYSIS** (per serving) Calories 57; Total Fat 4.0 g, Saturated Fat 1.5 g, Trans Fat 0.0 g, Polyunsaturated Fat 0.5 g, Monounsaturated Fat 1.5 g; Cholesterol 8 mg; Sodium 43 mg; Carbohydrates 3 g, Fiber 1 g, Sugars 1 g; Protein 2 g - Dietary Exchanges: 1 fat*

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