

Healthier Jalapeño Poppers!

Instead of cheese, stuff them with a variety of cooked grains, legumes and vegetables.



I love jalapeño poppers, but the cost in fat and calories means I don't make them as often as I'd like. But lately I've been experimenting with alternative stuffing ingredients, and I've come up with a new favorite! At Lunch Lady Foods we make an entree with Quinoa, Farro, Black Beans and Roasted Vegetables. It's vegan, super healthy, and tastes amazing stuffed into Jalapeños! I top mine with a little sharp cheddar, but you could leave it off to keep it vegan. A 12 ounce container is enough to stuff about 12 jalapeño halves.

Or try your own combination of grains, veggies, beans, nuts or seeds. Like brown rice, bulgur, barley, corn, lentils, walnuts, pine nuts or sunflower seeds.

Bake at 375 for about 20 minutes or until heated through and the peppers have softened.

All recipes are available to download from our website!