

Skinny Baked Jalapeño Poppers

With Superbowl around the corner, these lightened up **Jalapeño Poppers** will make the perfect party appetizer. Jalapeño peppers stuffed with cheese, coated with seasoned panko, then baked not fried. You won't miss the full fat version!

This was another recipe request from one of my wonderful readers! You guys rock. I will never run out of ideas thanks to all your requests, just hope I can keep up with all of them. And speaking of awesome readers, thank you for nominating me for the [Kitchn's Top 10 Food Blog for 2011](#). Because of you, I made the Top 10. Wow, what an honor! I've been chosen among some really great food bloggers. If you like my blog and would like to vote, [click here](#).

Back to making these jalapeños, one important note when making these, wear gloves while handling the peppers. There is nothing worse than touching your eye or lip with jalapeño fingers, trust me, I've done it! Also if you have little kids, be careful to discard all the seeds if any fall on the floor. My one year old has a gift for finding every speck on the floor and putting it in her mouth.

These can be made ahead of time, then baked when ready to serve. One points plus each, Enjoy!

Low-Fat Baked Jalapeño Poppers

Gina's Weight Watcher Recipes

Servings: makes 24 • Size: 2 poppers • Old Points: 1 pts • Points+: 2 pts

Calories: 61.6 • **Fat**: 2.7 g • Protein: 4.2 g • **Carb**: 5.3 g • Fiber: 0.7 g

- 12 jalapeño peppers, sliced in half lengthwise
- 4.5 oz light cream cheese
- 5 medium scallions, green part only, sliced
- 2 oz shredded low fat sharp cheddar (I used Cabot 50%)
- 1/2 cup egg beaters or egg whites, beaten
- 1/2 cup [panko](#) crumbs*
- 1/8 tsp paprika
- 1/8 tsp garlic powder
- 1/8 tsp chili powder
- salt and fresh pepper
- spray oil

Preheat oven to 350°. Wearing rubber gloves, **cut** peppers in half lengthwise and scoop out the seeds and membrane.

Combine cream cheese, cheddar and scallions in a medium bowl.

Combine panko, paprika, chili powder, garlic powder, salt and pepper in another bowl.

Fill peppers with cheese filling with a small spoon or spatula.

Dip peppers in egg beaters.

Place pepper in panko mixture, using a spoon to make sure all the seasoning doesn't fall to the bottom of the bowl.

Spray a baking pan with oil spray. I lined my pan with parchment for easier cleanup. Lightly **spray** the peppers with a little more oil spray.

Bake in the oven for about 20-25 minutes, until golden and cheese oozes out.

Remove from oven and serve immediately. **Serve** hot.

*I used 1/4 cup more panko to make it easier to coat, then I was left with 1/4 cup which was tossed and not calculated in the nutritional info.

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