

# Party Poppers

Use an interesting method to adjust the heat in these stuffed jalapeno peppers - adjust the amount of time you bake them to determine hot, medium or more mild. These hearty appetizers, brought to you from our January/February magazine, will be a hit any time!

- 12 jalapeno peppers
- 1/2 pound lean ground turkey or chicken (no additives)
- 1/4 c. finely chopped onion
- 1-1/2 c. SCD homemade yogurt
- 1-1/3 c. freshly shredded  
Parmesan cheese, divided
- 1 Tbs. minced fresh cilantro
- 1 tsp. paprika
- 1/2 tsp. crushed garlic
- 1/2 tsp. cumin
- 1/2 tsp. honey
- 1/8 tsp. salt
- 1/8 tsp. pepper



Spread the yogurt on several layers of thick paper towels. Top with several more paper towels and allow to rest for 5 minutes. Scrape off of paper into measuring cup and measure 1/2 c. Set aside. Save any remaining for another use.

Cut jalapenos in half lengthwise, leaving stems intact\*; discard seeds. Set aside. In a small nonstick skillet over medium heat, cook turkey and onion until meat is no longer pink; drain.

In a small bowl, combine the thickened yogurt, 1/3 c. parmesan cheese, cilantro, paprika, garlic, cumin, salt and pepper. Stir in turkey mixture. Spoon generously into pepper halves.

Place on an oiled cookie sheet; sprinkle with remaining cheese. Bake, uncovered, at 350 degrees for 20 minutes for spicy flavor, 30 minutes for medium and 40 minutes for mild.

*\*When cutting or seeding hot peppers, use rubber or plastic gloves to protect your hands. Avoid touching your face.*

