

PREGAME WITH THIS FIRST-STRING APPETIZER

JALAPEÑO POPPERS

WANT TO BRING THE FIRE ON GAME DAY?
THE CROWD WILL GO WILD FOR THESE JALAPEÑO POPPERS—AT HOME OR THE GAME.



GAME PLAN:

- Make a small slit on one side of each pepper.
- Place peppers in a large, microwave-safe dish. Cover and microwave on high until just softened (about 5 minutes).
- Meanwhile, combine refried beans, cheese, scallions and 1/2 tsp salt in a small bowl.
- Carefully, remove peppers from microwave and scrape out the seeds with a small spoon. Fill each pepper with about 1 Tbsp. of bean filling.
- Close the pepper around the filling.
- Preheat oven to 450°F and coat a large-rimmed baking sheet with cooking spray.
- Place flour in a shallow dish. Lightly beat eggs in another bowl.
- Combine cornmeal and remaining 1/2 tsp of salt in another dish.
- Roll stuffed pepper in flour, dip in egg and roll in the cornmeal mixture. Repeat.
- Place the peppers on the prepared baking sheet and generously coat all sides of each pepper with cooking spray.
- Bake for 10 minutes turning each pepper halfway through. Bake until filling starts to melt and peppers become golden.

Prep Time: 25 Min

Cook Time: 10 Min

Total Time: 35 Min

Serves: 12-18

INGREDIENTS:

- 12-18 whole fresh jalapeño peppers
- 1 cup nonfat refried beans
- 1 cup shredded Monterey Jack or extra-sharp Cheddar cheese
- 1 scallion, sliced
- 1/4 cup all-purpose flour
- 2 large eggs
- 1/2 cup fine cornmeal
- Olive oil or canola oil cooking spray