

## Sides/Jalepeno Poppers

- A: 12 jalepeno peppers
- B: 1/2C cream cheese  
1C shredded cheddar cheese  
4 green onions, minced
- C: Flour
- D: 3 egg whites, whipped to form loose peaks
- E: bread crumbs, salt, pepper

1. Cut (A) in halves, scrape seeds out, and roast on baking sheet under broiler for 2 minutes . Cool.
2. Mix (B) and fill peppers.
3. Coat peppers in (C), (D), (E) in order and return to baking sheet. Coat lightly with cooking oil using oil mister or spray.
4. Bake 450F for 20minutes until golden brown.

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*From the kitchen of David and Jennifer Deaven*