



Jalapenos are low in Saturated Fat, and very low in Sodium and Cholesterol. They're also a great source of Iron, Magnesium, Niacin, Phosphorus and Riboflavin and an excellent source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Thiamin, Vitamin B6, Folate

### **Stuffed Jalapenos**

2 oz packages of creamed cheese

1 4.25 oz can of shrimp

1 Tablespoon fresh Dill, chopped

2 ½ Tablespoons capers

1 Clove of garlic, minced

(2) 26 oz cans of whole, pickled jalapeno peppers

Mix cream cheese, shrimp, Dill, capers, and garlic. Place in refrigerator for 2 hours to bring out flavor. Cut jalapenos in half, and remove seeds. Stuff peppers with cheese mixture and serve. Serves 8-12

Bon Appetit!!

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