

## Crabmeat Stuffed Bell Peppers

**Totals for each stuffed half: (makes 8 servings)**

Calories 90   Fat 1.5g   Fiber 1.5g   Carbs 7.5g

### **What you'll need:**

- 4 Green bell peppers – washed, cored and cut in half
- 1 13.75 Oz can artichoke hearts packed in water
- 1 Cup fat free mayonnaise (make sure it's 10 calories per T)
- ¾ Cup low fat grated Parmesan cheese
- 1 Cup (1/2 lb) fresh lump crabmeat OR if you can't find it 2 - 6 oz cans lump crabmeat
- ½ Cup chopped onion
- 1 tsp Greek Seasoning

Cooking Spray

Baking sheet with raised edges

### ***Let's get to cooking!***

1. Preheat your oven to 350 degrees.
2. Prepare you bell peppers.
3. Drain your artichoke hearts and pour them into a mixing bowl. Chop up the hearts. (They almost fall apart, so this doesn't take long)
4. Add your mayo, Parmesan cheese, crabmeat, onion and Greek Seasoning and stir.
5. Scoop mixture into your bell pepper halves until you fill all 8 of them up.
6. Pat down the tops till smooth then coat the top of each stuffed pepper with a dusting of Parmesan cheese.
7. Place stuffed peppers on a baking sheet that has been lightly sprayed with cooking spray and has raised edges (the bell pepper can create juice that will run off the sheet if it doesn't have raised edges)
8. Cook until a light golden brown. Usually takes about 35 – 40 minutes.

**NOTE:** These freeze great (Once fully cooked, let them cool and then pop in a baggie. To reheat just pop in the microwave for a few minutes on half power), so if you're having guests and need something you can prepare ahead of time – this is the ticket! You can whip up my Tomato and Cucumber Salad (see recipe) to go with this and you've got a full meal that tastes decadent and has far fewer calories than those frozen box dinners that are so tiny I look at them and think – appetizer. HA!

Another delicious **Kitty's Lighter Weigh** recipe!