

Jalapeno Piston Poppers

Submitted by Debbie D.

18 Jalapeno Peppers, 2 3/4 - 3" long
1/2 tsp Dried Oregano Leaves
8 oz. package Cream Cheese
2 Egg Whites
1 Cup Sharp Cheddar Cheese, Shredded
1 TBSP Skim Milk
1/4 Cup Mayonnaise
2 Cups Corn Flake Cereal, Crushed
1 Garlic Clove

Preheat oven to 350 degrees.

Cut each pepper in half lengthwise, remove seeds and membranes.

In medium bowl, add cream cheese, cheddar cheese, mayonnaise, pressed garlic and oregano. Mix well and pipe mixture into each pepper half.

Lightly whisk egg whites and milk together, crush corn flakes in sealed plastic bag.

Dip each pepper half into egg mixture, then into corn flake crumbs to coat.

Place peppers in baking dish and lightly spray with non-stick cooking spray. Bake 30 minutes.

Serve with Salsa or Ranch Dressing. Enjoy!!