

Cleo Coyle's Low-Carb (Keto) Pizza Poppers

Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.

Here's a way to pop the taste of pizza in your mouth, but with far less carbs and calories.

~ Cleo

Ingredients:

- **Sweet Mini Peppers** – You can buy these at Costco and most supermarket produce sections.
- **Shredded Cheese** - I use mozzarella
- **Raw Ground Meat, well-seasoned:** I use Italian sweet sausage. It's already seasoned and I love the taste, but you can use any ground beef, chicken, pork, or turkey, just be sure to season it up or the results may be bland. See my seasoning suggestions at the end of the recipe.

Use this basic ratio: For every 5 peppers you will need about 3 ounces of meat and 1 ounce of cheese.



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Directions: Cut the tops off your mini peppers and scrape out the seeds to create a clean, hollow interior. Fill with layers of sausage (or seasoned ground beef, turkey, pork, or chicken) and shredded cheese, finishing with the cheese. Bake them in an oven pre-heated to 350 degree F. Here's how...

BEST CHOICE—MUFFIN PANS:

Stack filled mini peppers in an upright position, inside foil-lined muffin cups. Bake for approximately 35 to 50 minutes. The time will depend on your oven and how cooked you'd like your peppers.

Note: To prevent any melting cheese topping from spilling inside your oven, simply place a foil-covered baking sheet on the rack below the muffin pan. (Do not put the flat pan directly under the muffin pan or the heat will not circulate properly.)

When is it done cooking? The sausage should no longer be pink and an instant read thermometer should register a reading of at least 160° Fahrenheit when stuck deep into the sausage filling. (Ground chicken and turkey should be cooked to 165° Fahrenheit.)



(See next page for sheet pan option.)

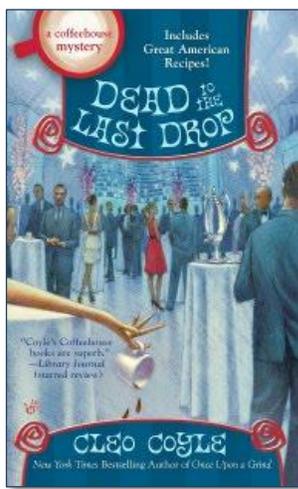
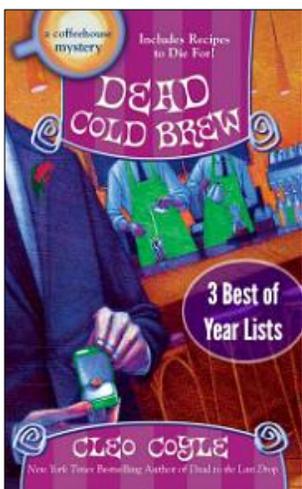
Another option—Sheet Pan: On a flat, foil-covered pan, cook for (40 minutes total) 20 minutes on one side, then turn and cook another 20 minutes. **Note:** On a flat sheet, the cheese will ooze out of the peppers so be prepared to use a spoon to scoop the melted cheese back into each pepper (see photo at right).

When is it done cooking? The sausage should no longer be pink and an instant read thermometer should register a reading of at least 160° F. when stuck deep into the sausage filling. (Ground chicken and turkey should be cooked to 165° Fahrenheit.)



SEASONING YOUR MEAT: To cut the calories even more on this snack, you can use ground chicken or turkey instead of Italian sausage, just be sure to season up your meat or the final peppers may taste bland. Using clean hands, blend the raw ground meat in a bowl with a mix of Italian seasonings, including: oregano, basil, rosemary, garlic powder, onion powder, salt, pepper, and a pinch of red pepper flakes. Stuff the peppers and bake as directed in the recipe.

SERVE: These poppers are great as is, but to complete the pizza taste, you can certainly serve with a dipping sauce of warm marinara or your favorite tomato sauce.



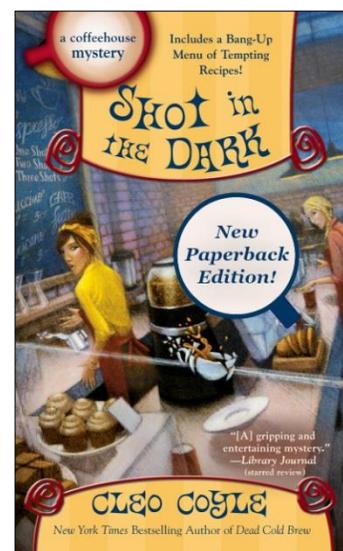
Eat with joy! —Cleo

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