



Somethin' In The Oven With Shana Lovin is on KRIG 104.9 FM every Wednesday morning at 8:25:

## **Baked poppers**

4 oz cream cheese

2 oz extra sharp cheddar cheese

12 small jalapeños

2 egg whites

3/4 c fine corn meal

Heat oven to 425 degrees. Line a baking sheet with foil. Mix cream cheese and cheddar cheese. Split peppers in half and take seeds out. Put cheese in peppers. In separate bowls, place corn meal in one, and beat eggs whites in the other until frothy. Dip each pepper in egg whites, then in corn meal, turning and pressing to help it stick. Place cheese side up on baking sheet. Bake until golden brown and crisp about 15 min. Server immediately.



**KEEPSAKE  
CANDLES**