

STUFFED PEPPERS

INGREDIENTS

- 4 bell peppers (any color)
- ¾ lb. lean, ground turkey
- ½ medium onion (chopped)
- ½ cup uncooked brown rice
- 14.5 oz. canned, no-salt-added, diced tomatoes
- 1 clove fresh, minced garlic (or 1 tsp. garlic minced)
- 1 tsp. reduced-sodium Italian seasoning
- ¼ tsp. crushed red pepper flakes (for spiciness), (optional)
- 8 oz. canned, no-salt-added tomato sauce

DIRECTIONS

1. Preheat oven to 350 degrees. Cook rice to package instructions (omitting salt). While the rice is cooking, in skillet over medium heat, brown the turkey. Add the onion and cook for 3 minutes more (until onion becomes translucent).
2. Wash the bell peppers and remove the tops, seeds and membranes. Set peppers in a 9x9 baking dish or line them up in a loaf pan, so they stand upright.
3. In a medium mixing bowl, mix turkey, rice, tomato, garlic, Italian seasoning, and pepper. Spoon into each pepper. Spoon tomato sauce evenly over the top of the 4 peppers. Bake 1 hour in the oven, until peppers are tender.



Recipe courtesy of the American Heart Association

Nutrition Information: Calories: 252; Total fat: 1.5g; Saturated fat: 0.5g; Cholesterol: 53mg; Sodium: 68mg; Total carbohydrate: 34g; Dietary fiber: 6g; Protein: 26g.