

Italian Stuffed Peppers

A classic recipe, with a healthy twist -- this recipe is loaded with nutrients and tastes delicious!

Makes: 6 servings (1 pepper half per serving)

Prep Time: 10 minutes

Cook Time: 60 minutes

Source: Cooking Matters

Ingredients

- 3 large bell peppers
- 1/2 small bell pepper (any color)
- 8 ounces mushrooms
- 1 small onion
- 1 clove garlic
- 3 ounces part-skim mozzarella cheese
- 12 ounces 93% lean ground turkey
- 1 (14-ounce) can diced tomatoes, no salt added
- 1 (8-ounce) can tomato sauce, no salt added
- 1/2 cup instant brown rice
- 1 teaspoon dried parsley leaves or thyme
- 1 teaspoon dried oregano leaves
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper
- 1/4 cup water
- Nonstick cooking spray

Utensils Needed

- Sharp knife
- Measuring spoons
- Cutting board
- Liquid measuring cup
- Cheese grater
- Large skillet
- Colander
- 9x13-inch baking dish
- Can opener
- Foil
- Measuring cups



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 stuffed pepper half

Nutrients	Amount
Calories:	230
Total Fat:	9 g
Saturated Fat:	3 g
Cholesterol:	50 mg
Sodium:	250 mg
Total Carbohydrates:	22 g
Dietary Fiber:	4 g
Total Sugars:	8 g
Added Sugars:	0 g
Protein	17 g

My Cooking Notes

DIRECTIONS

1. Preheat oven to 350F.
2. Rinse peppers and mushrooms. Cut large peppers in half lengthwise and remove seeds. Finely chop bell pepper half. Finely chop mushrooms.
3. Peel onion and garlic. Finely chop onion and mince garlic.
4. Grate cheese. Set aside.
5. In a large skillet over medium heat, cook turkey, finely chopped bell pepper, mushrooms, onion and garlic, crumbling turkey with a wooden spoon or spatula, until the turkey is browned, 10 to 15 minutes.
6. In a colander, drain off liquid and return to the pan. Stir in tomatoes, tomato sauce, rice, parsley or thyme, oregano, salt and pepper. Bring to a simmer, cover and cook, stirring occasionally, until rice is tender, about 15 minutes.
7. Put 1/4 cup water in a 9x13-inch baking dish. Place the pepper halves, cut side up, in the baking dish. Divide turkey mixture among the pepper halves. Sprinkle each pepper half with 2 tablespoons cheese.
8. Spray a sheet of foil with nonstick cooking spray and cover baking dish with the foil, sprayed side down. Bake until peppers are tender-crisp, about 30 minutes.

SHOPPING LIST

Average total cost without oil and seasonings: \$14.43

Average cost/serving: \$2.41

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 3 to Cart
Green Bell Peppers (6 oz avg)



Add 1 to Cart
No Salt Added Tomato Sauce, 8 oz



Add 1 to Cart
Bell pepper (any color)



Add 1 to Cart
Instant Brown Rice, 14 oz



Add 1 to Cart
Garlic Bulb



Add 1 to Cart
Part Skim Mozzarella, 8 oz



Add 1 to Cart
Onion



Add 1 to Cart
No Salt Added Diced Tomatoes, 14.5 oz



Add 1 to Cart
93% Lean Ground Turkey, 1 lb



Add 1 to Cart
White Mushrooms, 8 oz