

Turkey-Stuffed Bell Peppers

Makes 5 Servings

Ingredients:

- 5 medium red, green or yellow bell peppers
- 2 tsp. olive oil
- 1-1/4 pounds extra-lean ground turkey
- 1 large onion, chopped
- 1 garlic clove, minced
- 2 tsp. ground cumin
- 1 tsp. Italian seasoning
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 medium tomatoes, finely chopped
- 1-3/4 cup shredded cheddar cheese
- 1-1/2 cups soft bread crumbs
- 1/4 tsp. paprika



Directions:

1. Preheat oven to 325 degrees. Spray a 15"x10"x1" baking dish with non-stick spray.
2. Wash peppers, cut in half lengthwise and remove seeds. Place peppers in baking dish.
3. In a large skillet, heat oil over medium-high heat. Cook and crumble turkey with onion, garlic and seasonings until meat is no longer pink (about 6-8 minutes). Cool slightly. Stir in tomatoes, cheese and bread crumbs.
4. Fill peppers evenly with meat, cheese and crumb mixture. Sprinkle with paprika. Bake, uncovered, until filling is heated through and peppers are tender (about 20-25 minutes).

Nutritional facts per 2 stuffed pepper halves:

Calories: 323 • Fat: 10g • Sodium: 771mg • Carbohydrates: 20g •
Dietary Fiber: 4g • Protein: 40g

Source: reprinted with permission from Taste of Home