

STUFFED BELL PEPPERS



Makes 4 servings

Serving Size: 1 pepper

Ingredients

- 1 pound lean ground turkey
- 1/3 cup finely chopped onion
- 1 (15-ounce) can low-sodium tomato sauce (divided)
- 1/4 cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant rice
- 4 medium green peppers

Directions

1. Crumble turkey into a 1-1/2 quart microwave-safe bowl; add onion.
2. Cover and microwave on high for 3-4 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2-3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers; cut in half length-wise.
7. Fill pepper halves with meat mixture.
8. Place in an ungreased, microwave-safe, shallow baking dish.
9. Spoon remaining tomato sauce over peppers; cover and microwave on high for 12-15 minutes or until peppers are tender.
10. Let stand for 5 minutes before serving.

Nutrition information Per Serving

270 calories		Protein	23 g
Total Fat	10 g	Total Carbohydrate	24 g
Saturated Fat	2.5 g	Dietary Fiber	5 g
		Sodium	700 mg

 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

 Excellent Source of Iron



Eat Smart

