



Stuffed Green Bell Peppers

You might be surprised, but one of these bell peppers makes for an entire, hearty meal. This is one recipe best served with white rice. Yes, we're splurging. Shredded low-fat Mozzarella cheese can be substituted for the Provolone for an equally tasty experience.

Ingredients

- 4 medium green bell peppers
- ¾ pound of lean ground turkey
- ¼ cup onion, finely chopped
- 2 cups Marinara sauce
- 1 tsp salt
- 2 garlic cloves, chopped
- 1 cup UNcooked white rice
- 4 deli slices of Provolone cheese

Directions

- Cut around the stem and remove the top of each pepper
- Remove the membrane and seeds, and rinse peppers
- Heat oven to 350°
- Cook rice according to package directions, should make about 3 cups of cooked rice
- Cook the turkey and onion in a skillet over medium-high heat for 8-10 minutes, until brown
- Drain the fat, if any, from the cooked turkey-onion mixture and return mixture to the skillet
- Stir in 1 cup of Marinara, garlic, salt and 1 cup of cooked rice (retain the remaining 2 cups of cooked rice)
- Simmer meat-sauce mixture over medium-heat for 5 minutes, then fill each pepper with the mixture
- Stand peppers upright in an 8 x 8 x 2 square baking dish
- Pour remaining 1 cup of Marinara (and remaining meat-sauce mixture, if any) on and around the peppers
- Cover and bake for 35-40 minutes, THEN remove the foil cover and place 1 slice of Provolone cheese over the top of each pepper and continuing baking for 5 minutes, or until cheese is melted
- Remove peppers from oven and let cool for 5 minutes
- Divide the remaining 2 cups of cooked rice, sauce mixture from the bottom of the baking dish and 1 pepper between four plates
- Makes 4 servings

The Data (per serving)

Calories: 450 cal	Carbs: 52 gm	Total Fat: 15 gm
Protein: 27 gm	Fiber: 4 gm	Sat. Fat: 5 gm