

17-Day Diet: Turkey and veggie stuffed peppers

These are turkey and veggie stuffed peppers and they are super tasty. You will need...

2 green bell peppers, tops removed, seeded
1/2 pound ground turkey
1 tablespoon olive oil
1/4 onion, chopped
1/2 cup sliced mushrooms
1/2 zucchini, chopped
1/4 red bell pepper, chopped
1/4 yellow bell pepper, chopped
1/2 cup fresh spinach
1/2 (14.5 ounce) can diced tomatoes, drained
1-1/2 teaspoons tomato paste
Italian seasoning to taste
garlic powder to taste
salt and pepper to taste

You can obviously add or subtract any of the veggies, make it to your personal taste.

First, preheat oven to 350 degrees.

Wrap the green bell peppers in aluminum foil and bake for 15 minutes in the preheated oven then remove from heat. You can prep your pepper stuffing while the peppers are baking.

Cook turkey in a skillet over medium heat, until brown, and set aside.

Next cook onion, mushrooms, zucchini, red bell pepper, yellow bell pepper, and spinach until tender.

Return turkey to the skillet and mix in the tomatoes and tomato paste. Season to taste with Italian seasoning, garlic powder, salt, and pepper.

Stuff the green peppers with the skillet mixture and return peppers to the oven, and continue cooking 15 minutes.

I added a little parmesan to the tops of each pepper when there was about 5 minutes left on the cook timer.

