

Turkey Stuffed Peppers

Servings: 2

Adapted from

<http://www.skinnytaste.com/2008/11/turkey-stuffed-peppers-45-pts.html#more>

Ingredients

1/2 package lean ground turkey breast

1/4 teaspoon minced garlic

1/8 onion, minced

1/2 teaspoon garlic powder

1/2 teaspoon cumin powder

2 bell peppers, bottom trimmed, cap end cut off and diced, and seeds removed

1/2 cup fat free low sodium chicken broth

1/8 cup tomato sauce or pasta sauce

3/4 cups cooked rice

1/2 teaspoon olive oil

2 Tbsp 2% shredded mozzarella cheese

Preparation

- 1) Preheat oven to 375 degrees. Trim bottom of bell peppers so they have a flat surface to stand on. Place hollowed-out peppers in a baking dish that you've sprayed with non-stick spray (a dish that's close in size to the peppers will work best).
- 2) Remove stem part from the pepper caps and trim off any white membrane, then dice pepper caps and the onion into fairly small dice. Pour olive oil in a medium size sauté pan and heat on a medium flame. Add onion, diced red pepper, and garlic to the pan; sauté 2 minutes. Add ground turkey, garlic powder, and cumin; brown meat until meat is completely cooked through.
- 3) Add 1/8 cup of tomato sauce and 1/4 cup of chicken broth to skillet. Mix well and simmer on low for about 5 minutes. Combine cooked rice and meat together.
- 4) Stuff the filling mixture into the hollowed-out peppers, using a spoon to press the mixture down so it's tightly packed into the pepper shell. (If you have any extra filling, you can put it in a small ramekin and bake along with the peppers).
- 5) Bake peppers for 30 minutes, then remove from oven and put a generous pinch of shredded cheese on top of each pepper. Put peppers back into the oven and bake about 10-15 minutes more, until cheese is melted and lightly browned. Serve hot.